

Felice PERUSSIA

COVER HYPNOSIS

Hypnotic suggestions in
thousand and more covers



Rapporto Tecnico / Report n.9

dal Laboratorio di Ricerca
sulle Personalità e la Psicotecnica
Università degli Studi di Torino
Dipartimento di Psicologia



ISBN:

88-902537-1-1



978-88-902537-1-3

RAPPORTO TECNICO / REPORT n.9

dal Laboratorio di Ricerca sulle Personalità e la Psicotecnica

Direttore del Laboratorio: Prof. Felice Perussia
felice.perussia@unito.it - www.feliceperussia.it

Università degli Studi di Torino
Dipartimento di Psicologia
Palazzo Badini - Via Verdi 10 - 10123 TORINO
www.psych.unito.it

ISBN: 88-902537-1-1



© 2010 - Felice Perussia



PSICOTECNICA edizioni
Viale Cirene 3 - 20135 Milano

**Confidential electronic publishing,
not for sale, only for scientific and educational uses**

Poligrafato (ristampa) nel mese di ottobre 2011 presso
Printing Time, Viale Umbria 9, 20135 Milano
per conto di Psicotecnica srl Milano

Note about the source of the covers and about the respect of copy right:

We have personally photographed and scanned some of the covers reviewed here. Then we have taken many other covers, which are offered to the public, from catalogs published in paper form or on official web sites in the public domain on Internet. The aim of this exhibit is exclusively scientific and didactic. We show only thumbnails with low resolution. The images here are by definition public, given their nature of advertising. The source of origin of each cover is implicit in the very fact of being the presentation of a book for sale. We have done everything to act in the strict respect of the limits of fair use, searching in any way to avoid prejudicing the copy rights of anyone.

It is likely that the exhibit of the covers may contribute to the spread and to the trade of the books of which they are the package. And we sincerely hope it happens so, for the good of science and knowledge. But we are not here for selling (obviously, we do not perceive any copyright fee) nor for advertising this or that one, but only to offer a testimony about an important movement of our modern scientific and professional culture. If really we infringed inadvertently the rights of some owner we apologize and we are ready to repair in the right way.

Felice PERUSSIA

COVER HYPNOSIS

Hypnotic suggestions in thousand and more covers

RAPPORTO TECNICO n.9

Laboratorio di Ricerca sulle Personalità e la Psicotecnica
Personality Psychology Workshop

Dipartimento di Psicologia
Università degli Studi di Torino
www.psych.unito.it



PSICOTECNICA
Edizioni—Milano

Felice Perussia is full professor in General Psychology at the six centuries old *Università di Torino*, Italy (where he was the founding dean of the faculty of psychology).

Perussia operates from more than thirty years in the area of psychological research.

As well as in the field of general psychology and hypnosis, he has worked and published extensively also in psychodrama, and more generally in the scope of *psicotecnica* (or psychotechnic) intended as the arts and crafts (greek: *tekne*) of mind.



www.feliceperussia.it

HYPNOTISM AT A COVER EXHIBITION

The specific aim of this work is to offer a contribution to show, in a simple, immediate and concrete way, as hypnosis is common, alive and relevant to contemporary research and intervention in psychology, medicine, and other fields.

When I started to deal scientifically of hypnotic psychotechnics, almost a quarter of a century ago, I experienced the feeling of entering a territory marginal or nearly nonexistent (in my scientific environment). The field of hypnotism and suggestion and trance seemed to be a theme to which anyone was really interested, and it could even represent a research theme a bit suspect for a university professor of general psychology who usually works in a rigorous research laboratory (which I am).

I have therefore made an effort to study the subject, I searched far and wide, I attended several university departments and research centers outside of Italy (the country where I live and work), particularly in the United States and in France.

Today I usually make reference, in my scientific archive, to a pool of over three thousand articles published in international academic journals, peer reviewed and officially certified on the subject of hypnosis and suggestion or which used the trance, induced in the laboratory or in psychological professions or in medical contexts, to realize excellent researches and interventions.

Continuing my investigation, I also met a growing number of essays published in book form. And at first I could not believe that there were so many books on hypnosis.

I watched their number grow more and more in my notes, and they became a considerable amount.

But when I tried to put aside my friends and colleagues about the fact that the production of books on hypnosis was so wide, it seemed clear to me that, while not wishing (kindly) to show doubts about my

phantasies, their impression was that my scientific curiosity had made me misunderstand the true extent of the phenomenon (which they considered objectively minimal).

Nevertheless I've seen directly or I picked from reliable witnesses, in catalogs of publishers, or in the scientific journals reviews, at least three or four thousand (if not more so) considered essays, published in the last two and a half centuries on the subject of the trance and suggestion and so on, since the modern hypnotism was revived.

I then began to collect systematic reproductions of the covers of these books.

In this small museum of books about hypnotic psychotechnics I publish here I have collected one thousand and three hundred covers.

They belong to essays, manuals and research books (non-fiction, at least in the intentions of the authors) that have been published on hypnotism, on suggestion, or about trance.

These are mainly in Anglo-American papers, but also of several books in French and German and some in Spanish (but not in Italian, for which I postpone to other occasions).

They are all papers published over the last century or so. In fact almost all the books have been published after the Second World War. The vast majority has been printed since the sixties of the twentieth century onwards.

Many of these books are still on sale nowadays.

Other works can be found only in libraries, in the private collections of friends and colleagues, or they are part of my small personal museum dedicated to psychotechnical paraphernalia.

They are all original editions. In some cases it is the same book reprinted or it is the translation of the same book in another language (but always with a different cover). There are also several examples of texts that appear in multiple editions, each renewed compared to the others.

Incidentally, this museum collects only a limited sample though very representative of the covers that I could gather.

In fact, I have in store a lot more of them.

In these books, the concept of hypnosis is not always unambiguous and clearly defined. It happens that the authors refer to the subject using different expressions.

We often talk about hypnosis or hypnotism, but also about other constructs that were (and are) used to present the same arguments in the form of synonyms. Which are, above all: fascination, trance, magnetism,

progressive relaxation, sleep walking, guided imagery, hypnotic psychotechnic, and so on.

They are all books in which hypnotism and suggestion are the main topic of discussion or otherwise they are some of the absolute protagonists of the matter dealt with in the book.

The covers gathered here are also a testimony of the way in which hypnotic matter is packaged symbolically or metaphorically.

An analysis of the content of what these covers display can help you understand ways in which this discipline is proposed to public opinion, as well as to the world of scientific research and of professional practice.

However this exhibit has not among its aims the one to present research in analytical form, nor to analyze the theory or the practice of hypnotic psychotechnics, but only to offer a witness to the wide circulation of suggestion and of hypnotism in published books.

I make here a simple breakdown of discipline in some more chapters in general. This is not a systematic review. However, it may represent a starting point for further studies.

Some of the books collected in this exhibition shows considerable scientific qualities. Many of them, although they are serious and based on solid data, are mainly introductory in nature.

Only a few of these works appear (at least to me, as a scientist) not acceptable in some parts, especially when referring to the long tradition according to which through hypnotism it is possible to access to unlikely extrasensory or spiritualist consciousness.

I have however reported here a small selection of such spiritualistic essays, not to be disrespectful to all opinions. Partly because they often use classical hypnotic methods, though they like to relate the trance with strange phenomena, the existence of which I believe entirely fanciful.

The mass of all these covers is striking for the number and the variety, given that all the books treat more or less the same themes.

The key point, by virtue of which I have produced this work, is the fact that seeing nearly a thousand and a half books on hypnosis all lined up side by side highlights much more than what a lot of verbal arguments are able to do.

And this is just a sample.

FELICE PERUSSIA
MANUALE DI
IPNOSI

EDIZIONE  SINCOPE

SCIENCE

Hypnosis can be defined as: a positive state of trance induced by appropriate psychotechnic methods.

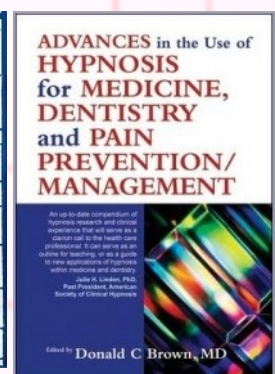
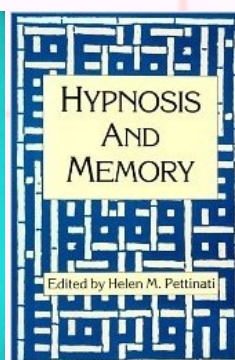
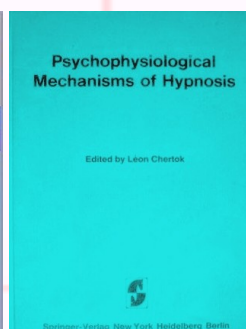
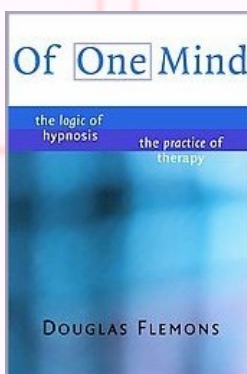
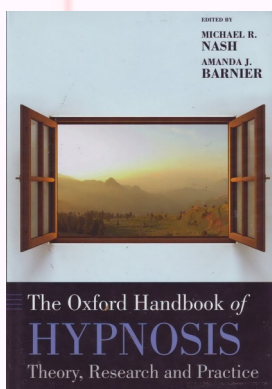
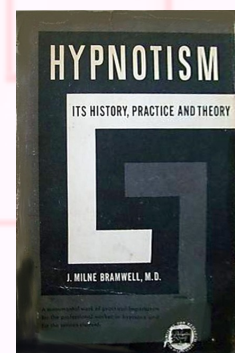
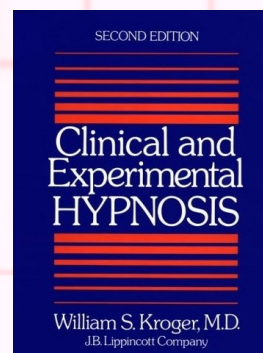
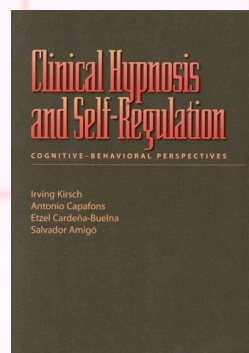
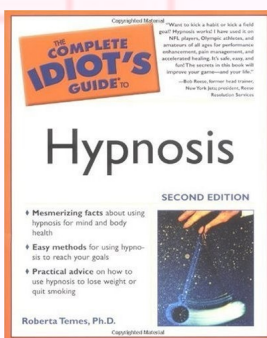
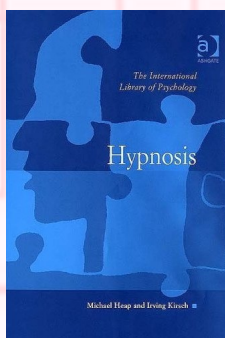
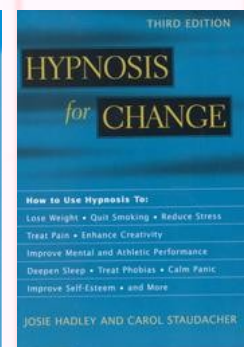
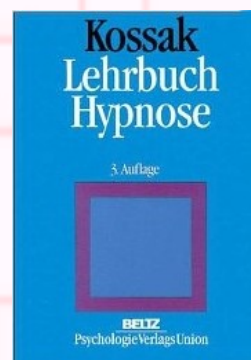
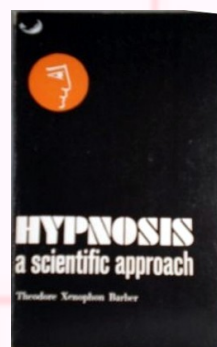
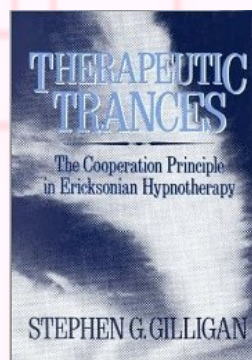
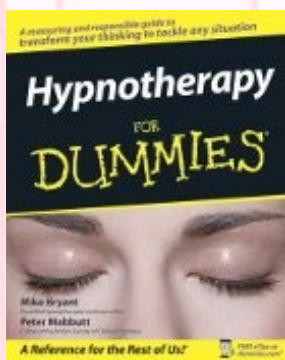
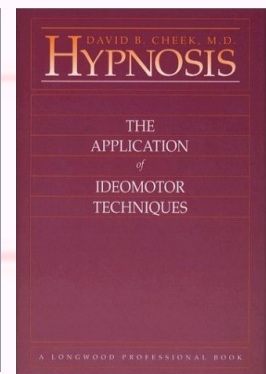
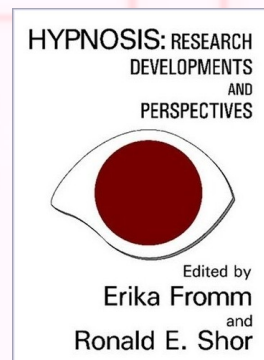
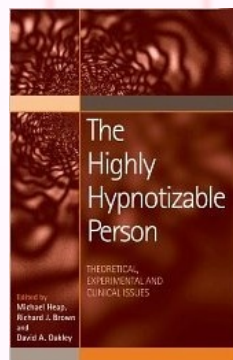
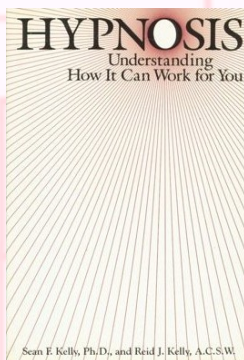
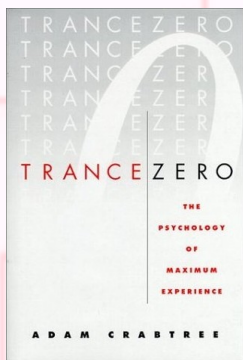
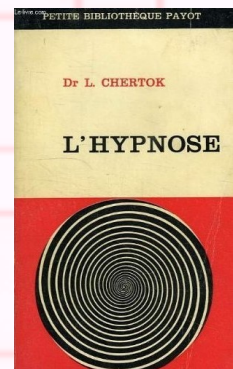
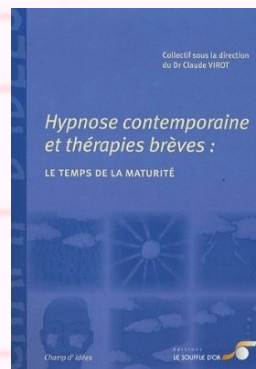
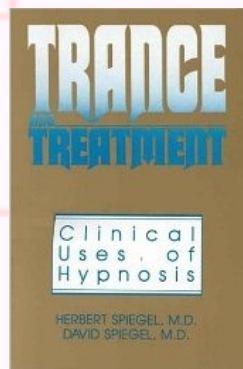
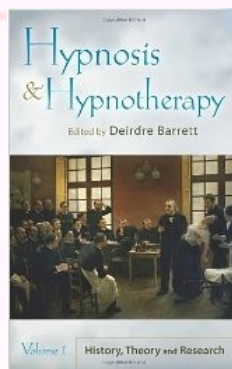
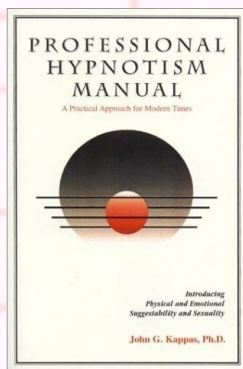
Hypnosis is a way by which we learn to make better use of our intelligence, our thinking skills, our internal resources. When we intimately understand hypnosis, we learn to manage emotions more effectively and to make less intrusive a lot of unpleasant psychological and physical situations.

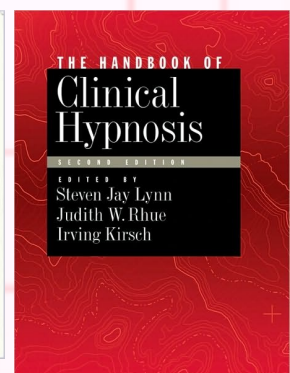
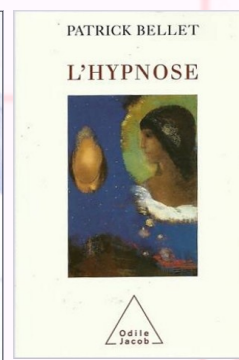
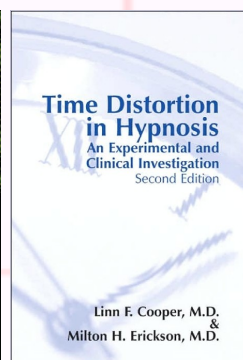
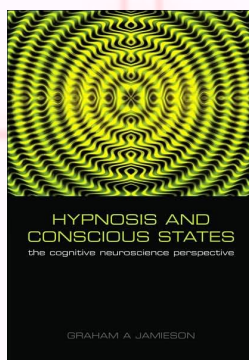
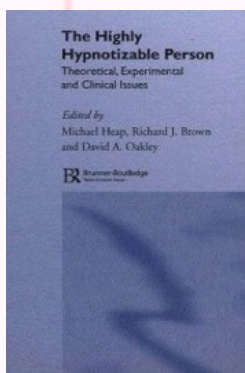
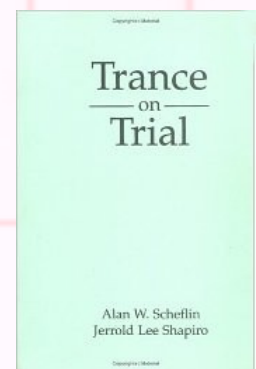
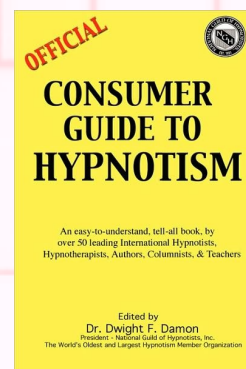
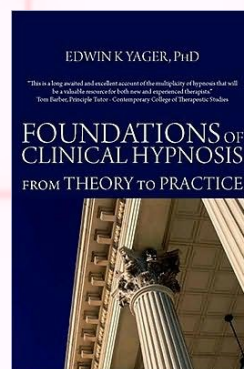
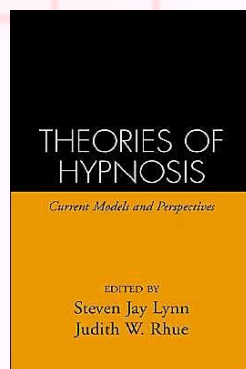
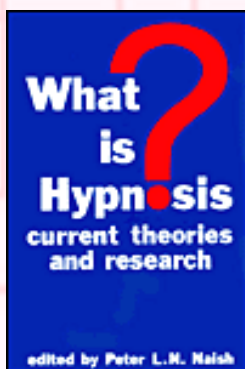
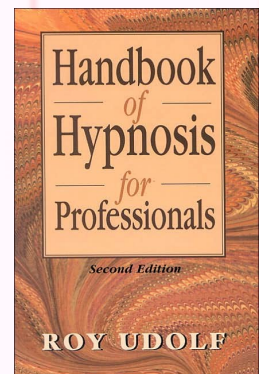
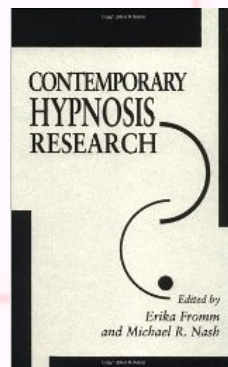
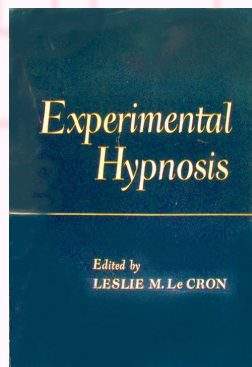
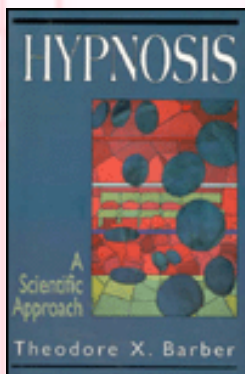
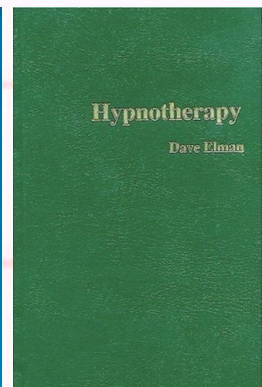
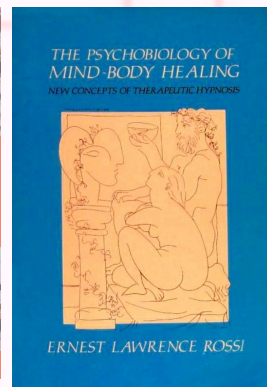
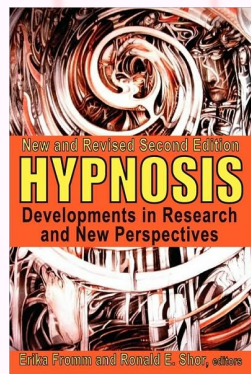
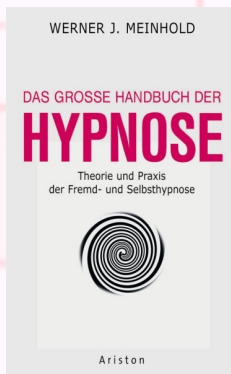
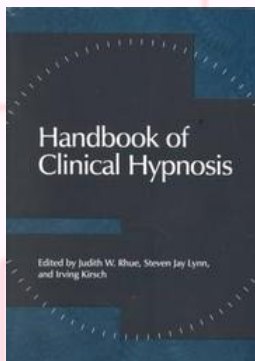
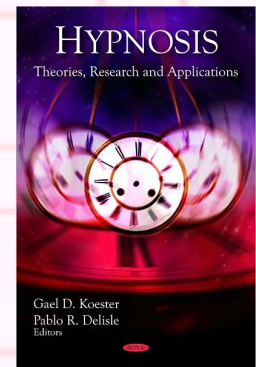
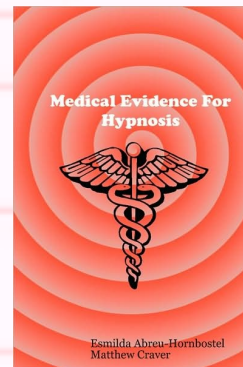
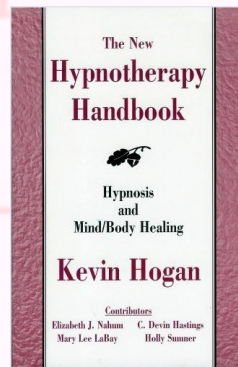
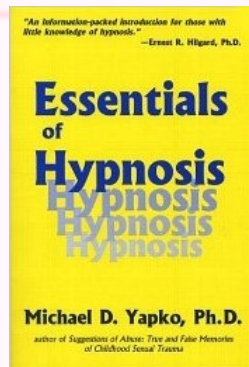
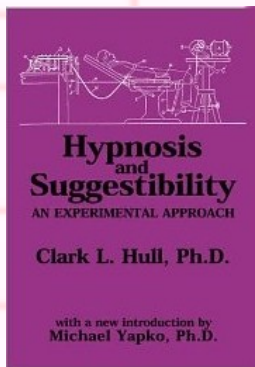
Nowadays there is a very established tradition of research which examines the different aspects of hypnosis and suggestion. The professional literature specializing in phenomena connected with trance is a field very well structured and substantial in size. The laboratory fundamentals for hypnotism are now widely shared by the international scientific community.

The main establishments for this type of rigorous and systematic work are mainly universities and large hospitals.

Not the whole modern hypnosis is present in the most accredited institutions, but certainly there are many laboratories and many scholars of great scientific credibility who deal with it.

Also many of the texts that are not designed primarily as handbooks or as papers for university education refer to the most classical and coded forms of the scientific hypnotic discipline.





FELICE PERUSSIA
MANUALE DI
IPNOSI

EDIZIONE  SINCOPE

PSYCHOTECHNIC AIDS

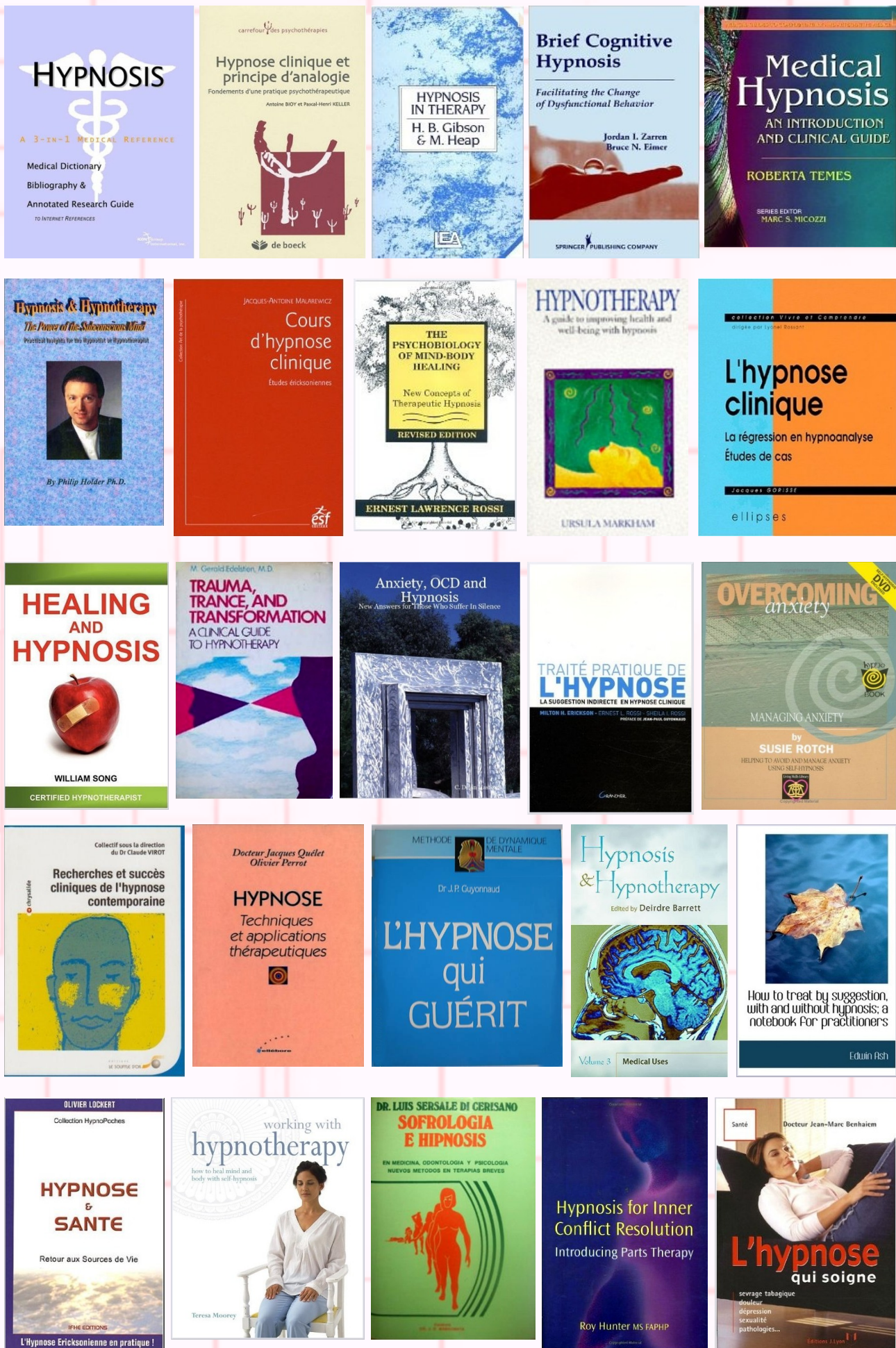
Hypnosis is an important tool for scientific research in the field of subjectivity. But above all is a great way to help people improve their existence.

You can define hypnotism and suggestion as a part of counseling or of psychotherapy, of healing, of self help or of assistance, but the field where hypnosis seems to have reached its full credibility is that of personal training.

Hypnosis is probably the main specific tool that psychology (in its psychotechnic form) was able to develop in recent centuries.

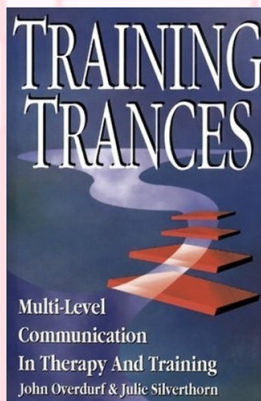
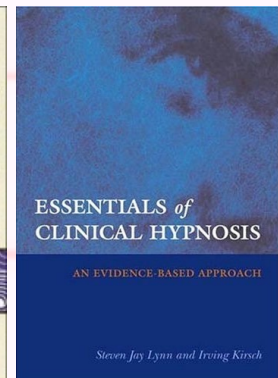
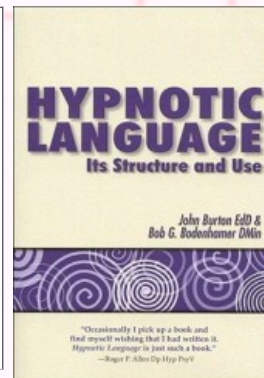
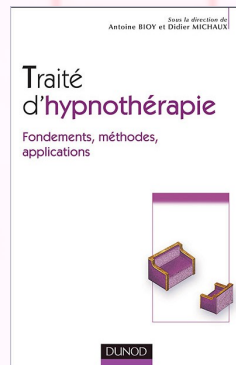
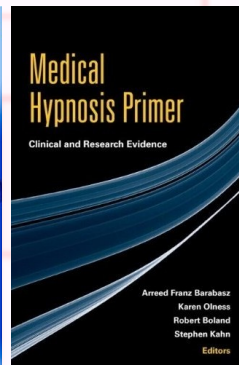
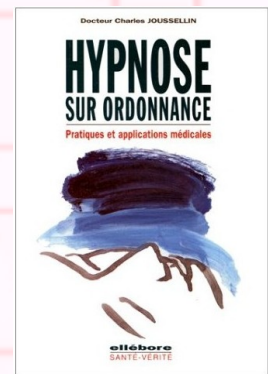
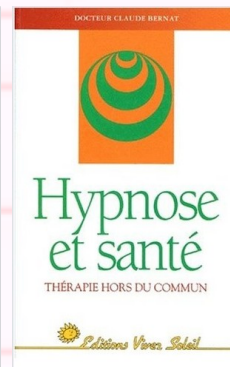
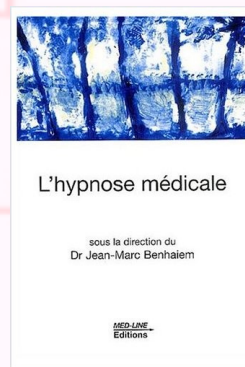
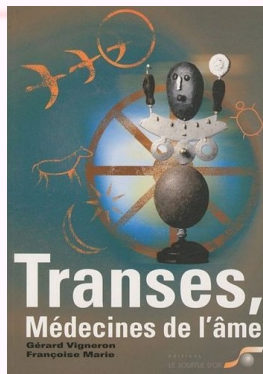
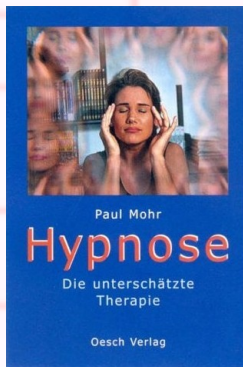
Whether in a medical or in a psychological version, hypnosis is now considered as a useful tool that can succeed in many concrete situations, including the following: to control and overcome the pain, to reduce stress, in dental and medical procedures, to make more peaceful conception and motherhood and childbirth, to overcome fears and anxieties, to stop smoking, to improve performances in learning and at school, to face interpersonal problems, in eating disorders, in dermatological problems, to fight depression, to contain nausea and vomiting, in gastrointestinal disorders, in post-traumatic stress disorders, during convalescence, in rehabilitation and in many other situations.











FELICE PERUSSIA
MANUALE DI
IPNOSI

EDIZIONE  SINCOPE

SPECIALIZED AREAS

Most of the texts about hypnosis faces all the possible areas of study and intervention, at least at an introductive level.

Some sectors, among others, however, seem have earned a special place, becoming relatively specific areas. We can recall some, among others.

It was devoted a particular attention to: the issue of motherhood; the techniques for the control of feeding and the containment of body weight; the way to build effective strategies for smoking cessation.

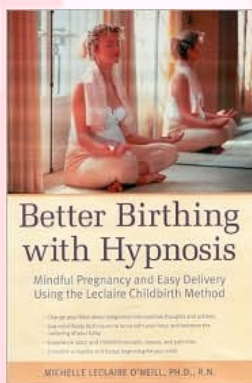
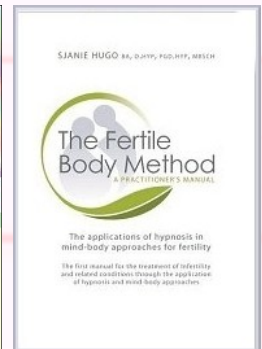
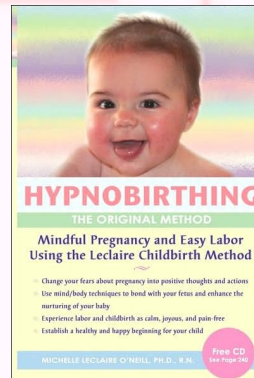
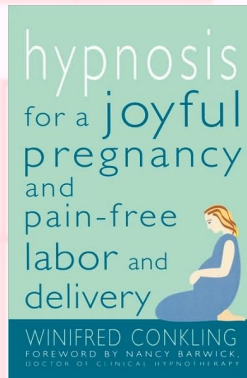
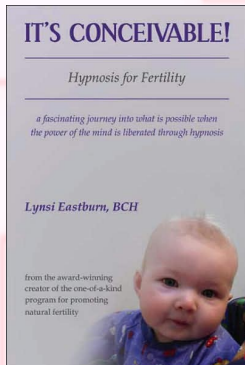
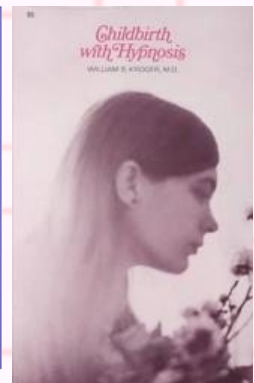
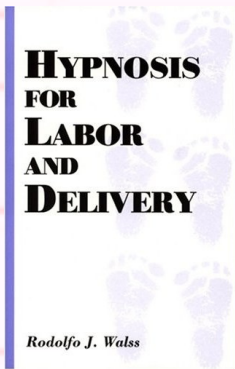
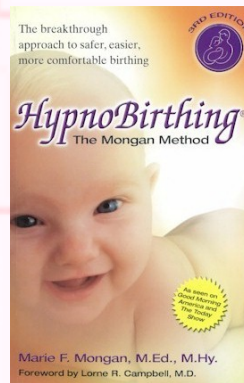
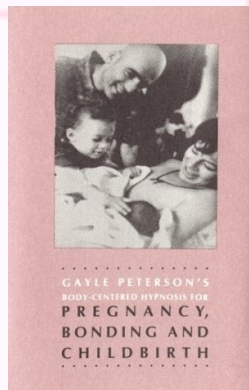
Other contributions face in various ways the issue of performance, with particular reference to sport, to learning, to persuasion for commercial purposes, to sex, to interpersonal influence.

There are also some specific texts on technical matters, although it merits mention again that almost every book about hypnosis widely discusses techniques for induction and for treatment.

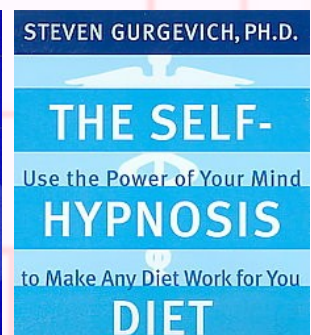
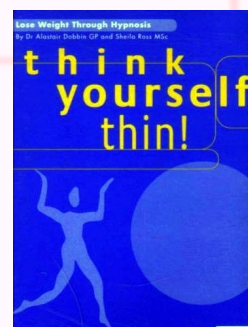
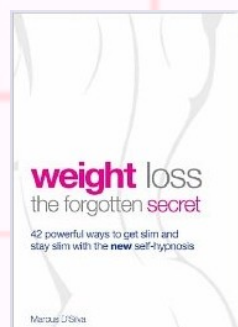
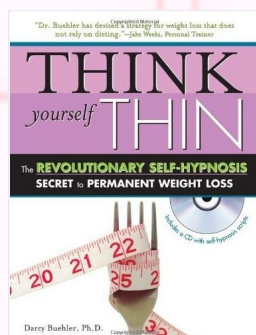
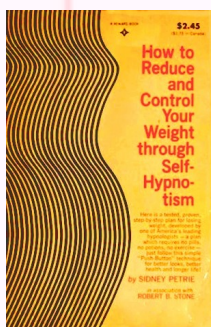
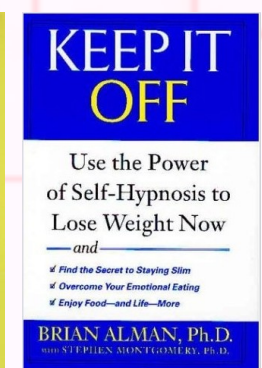
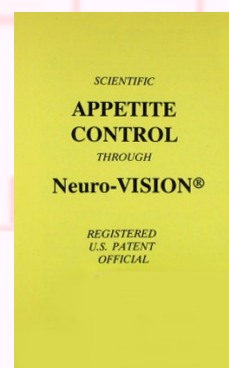
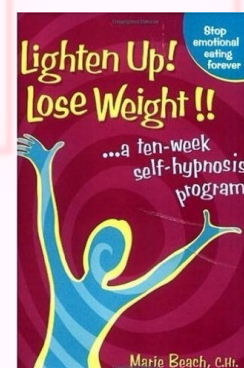
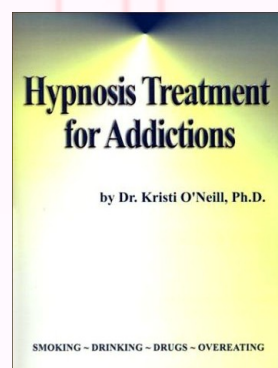
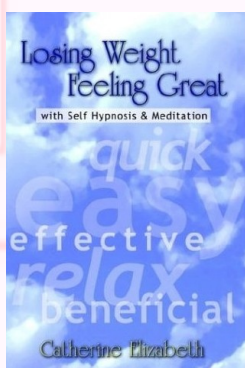
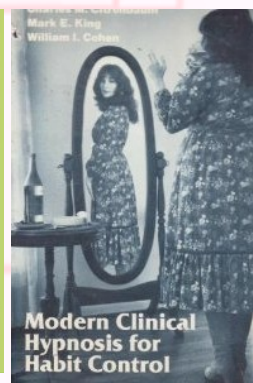
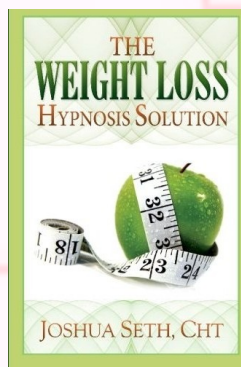
Some contributions refer specifically to the work with children. Other texts evoke, rather imaginatively, the idea of special secrets to reveal.

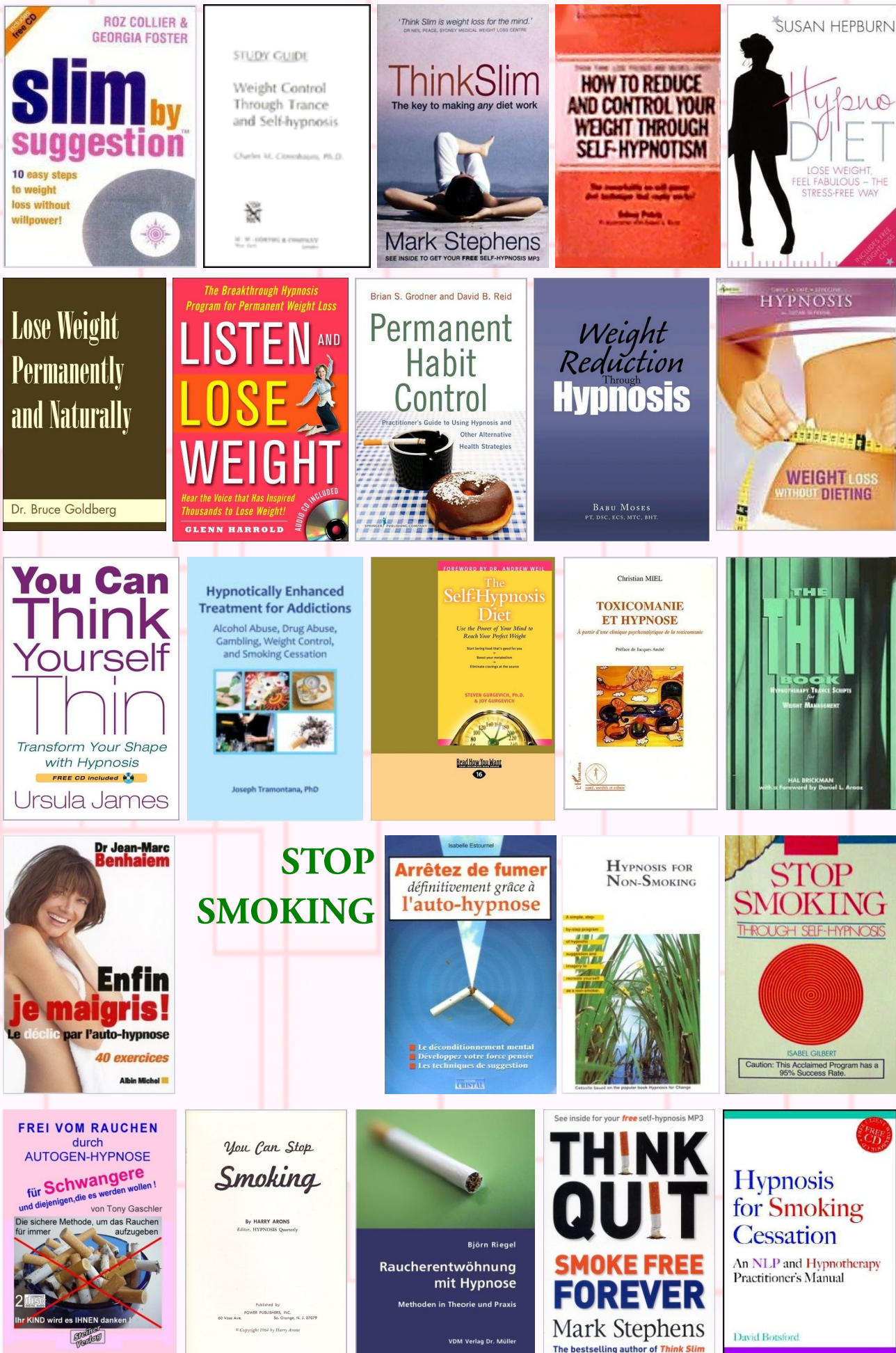
It was devoted attention also to the subject of stage hypnosis (widespread in Anglo-American countries and poorly present in Latin cultures), the use of trance in the legal field, the fascinating and complex history of trance, mesmerism, suggestion, hypnotism and psychotechnic methods in general.

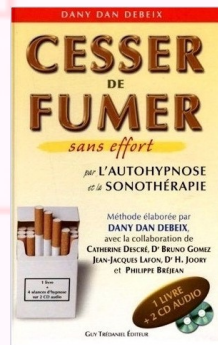
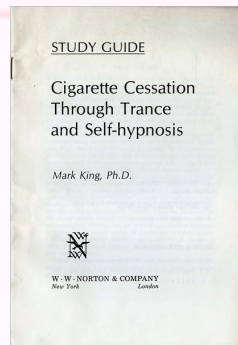
MOTHER HOOD



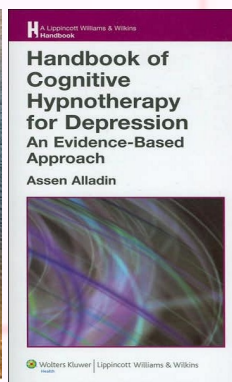
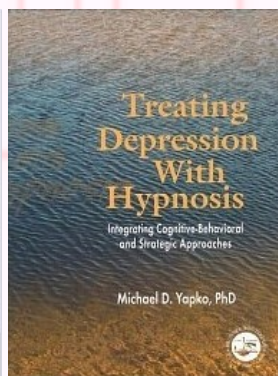
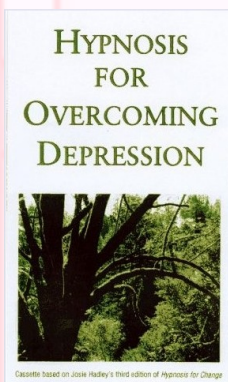
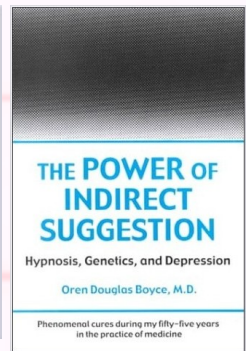
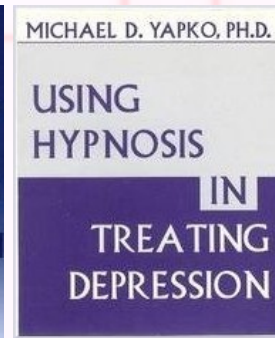
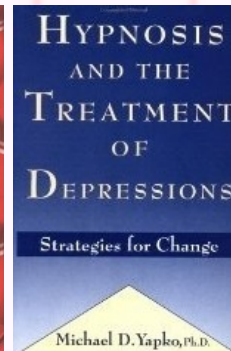
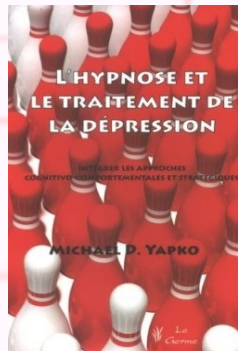
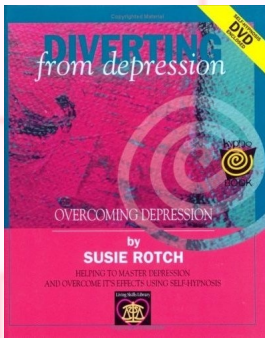
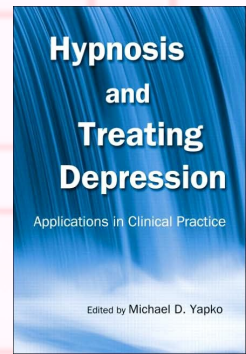
WEIGHT AND ADDICTIONS



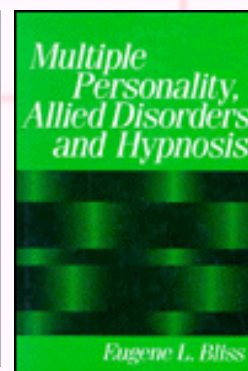
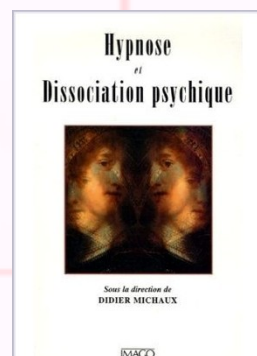
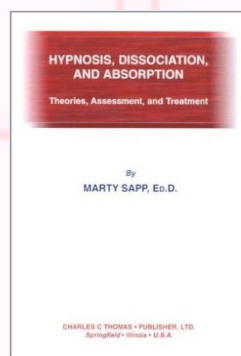
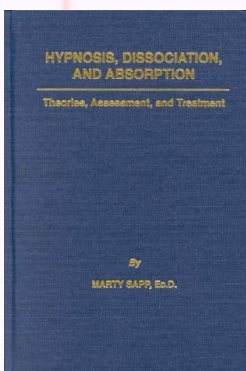
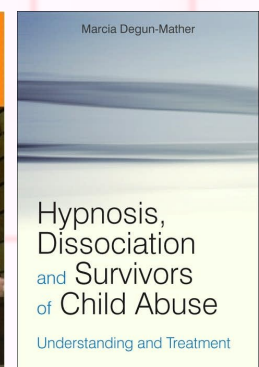
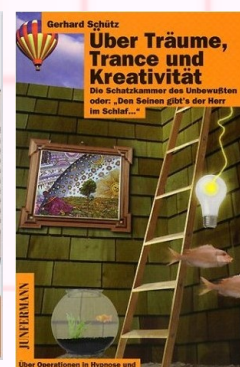
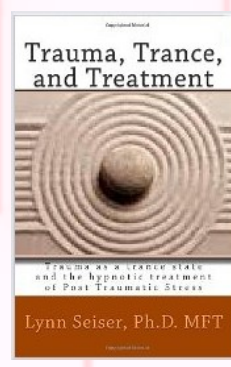
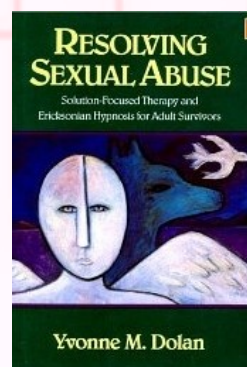
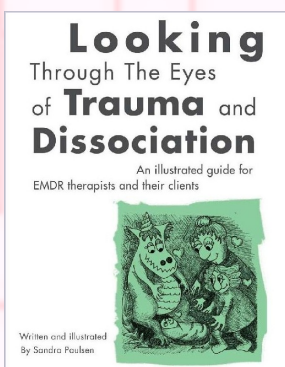




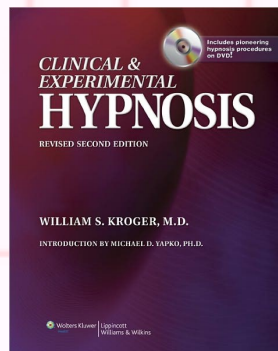
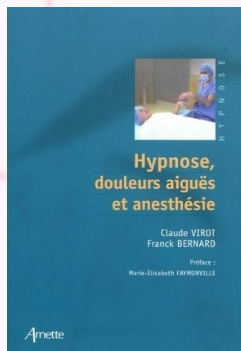
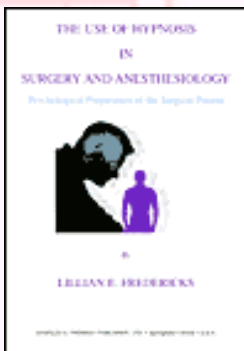
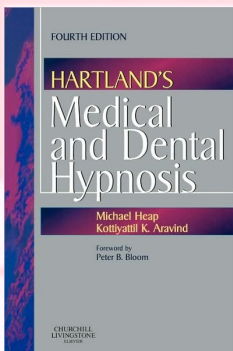
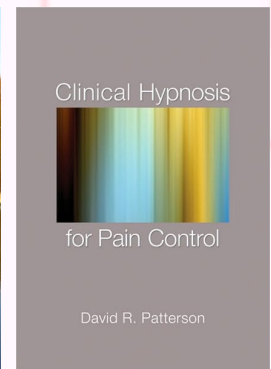
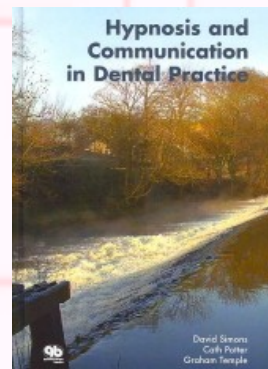
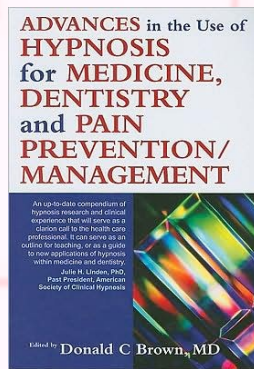
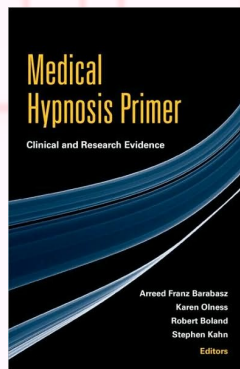
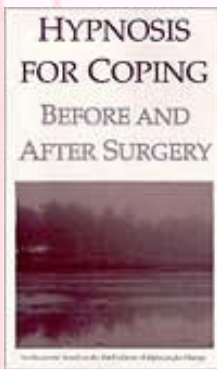
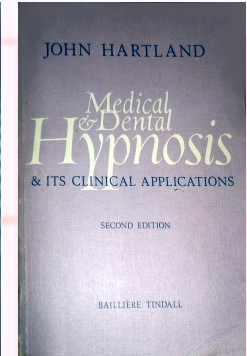
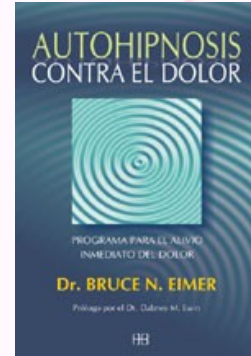
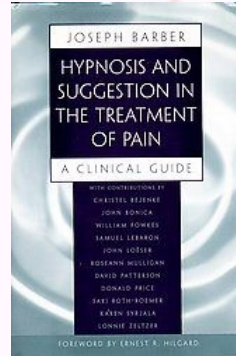
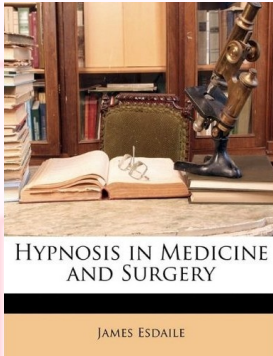
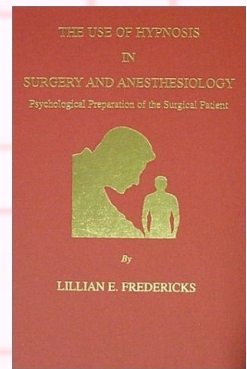
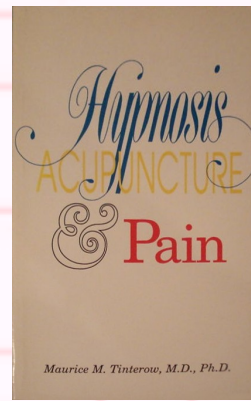
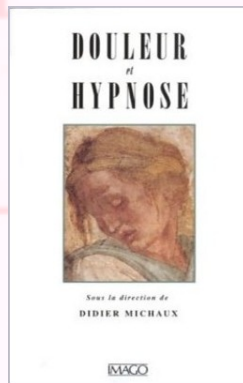
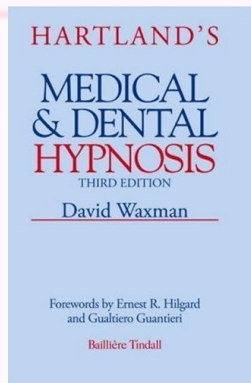
DEPRESSION



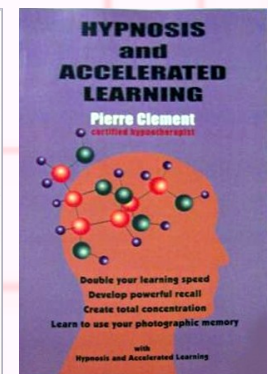
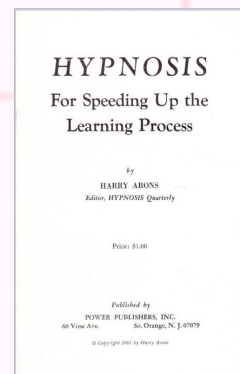
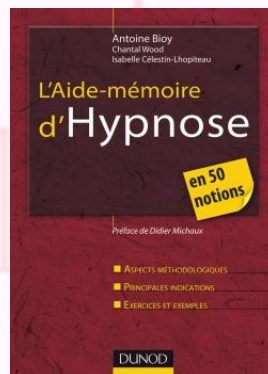
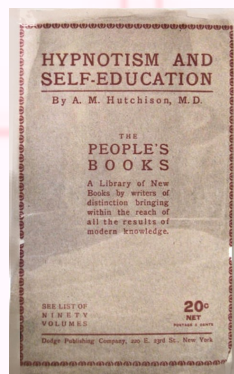
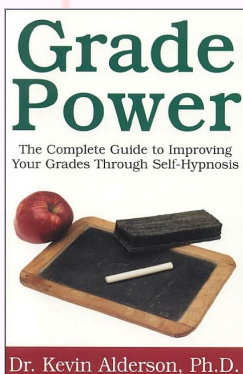
TRAUMA AND DISSOCIATION



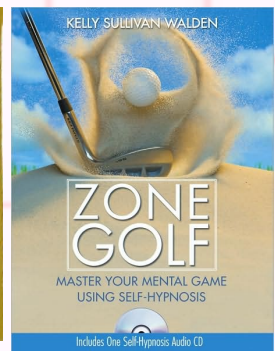
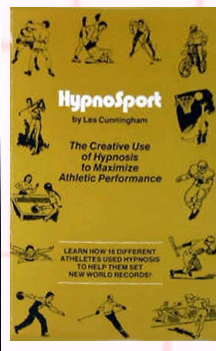
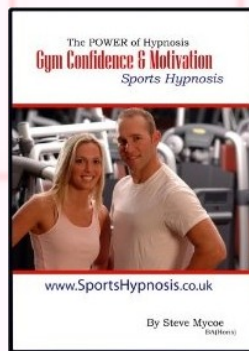
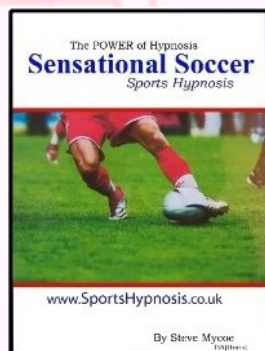
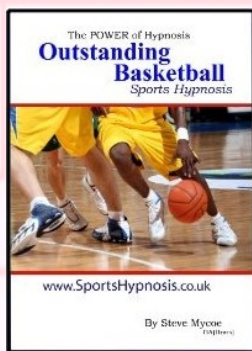
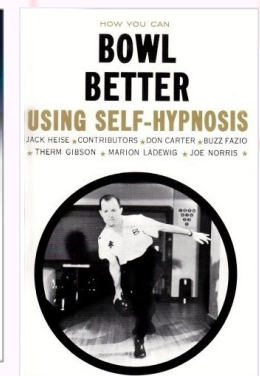
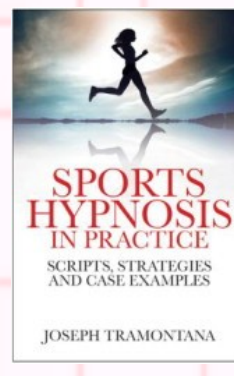
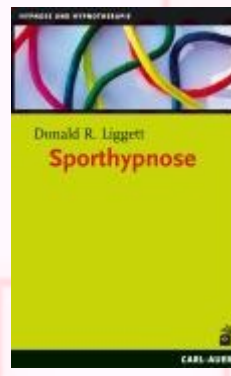
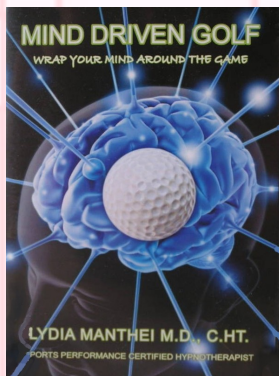
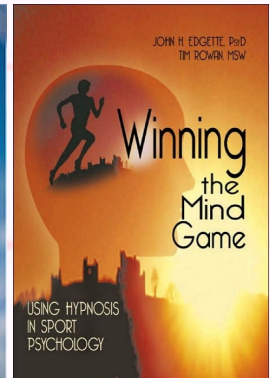
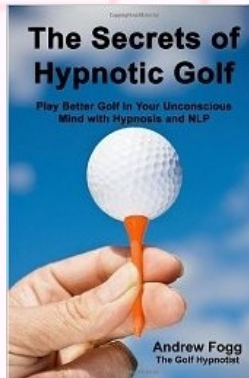
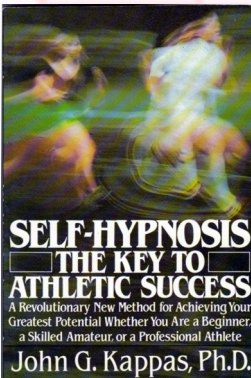
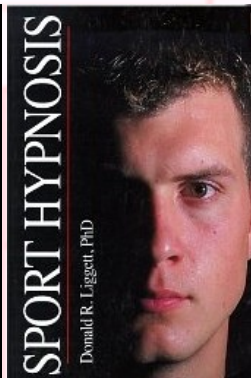
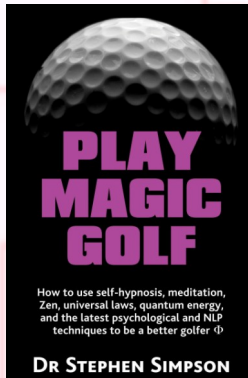
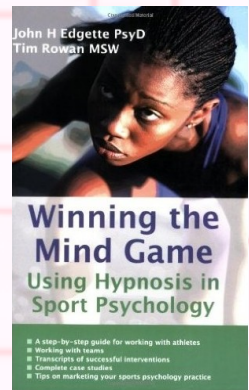
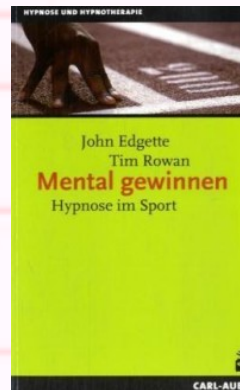
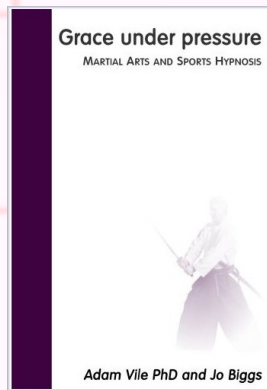
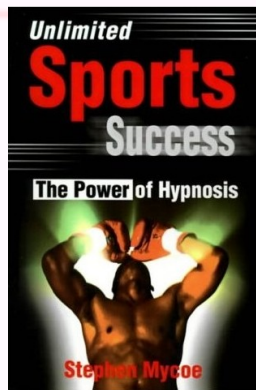
PAIN AND SURGERY



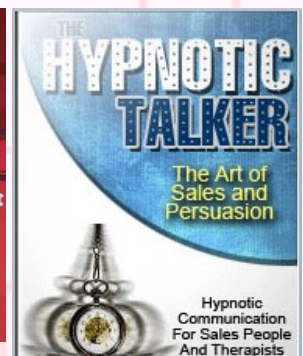
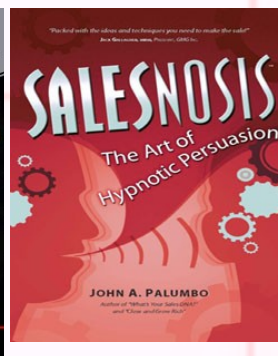
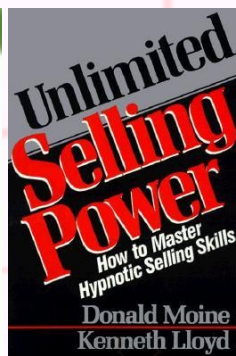
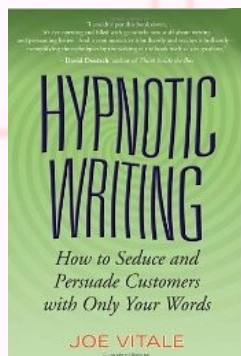
PER FOR MANCE



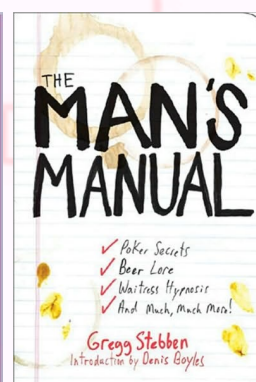
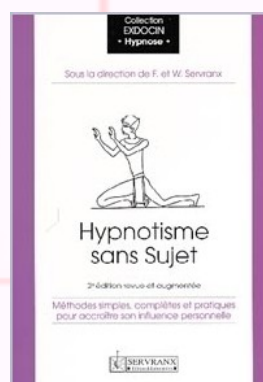
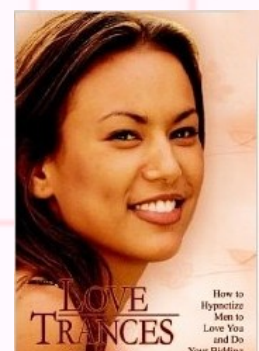
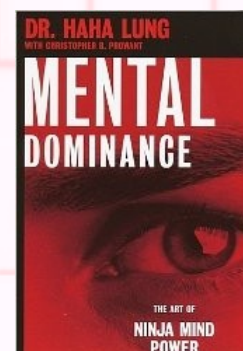
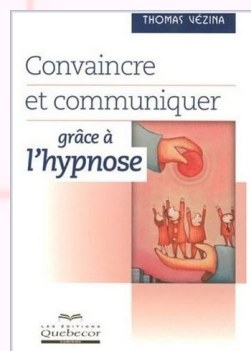
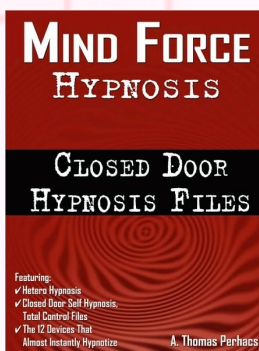
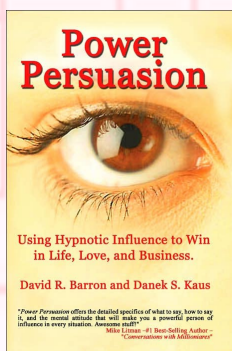
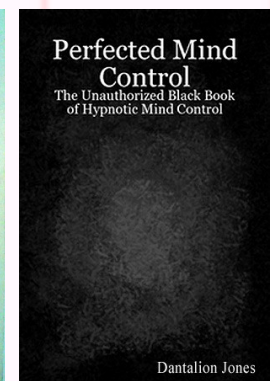
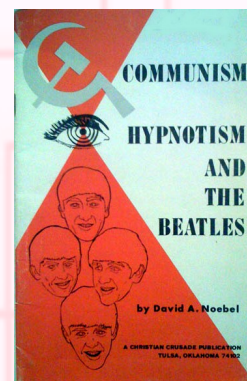
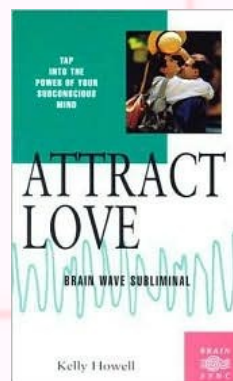
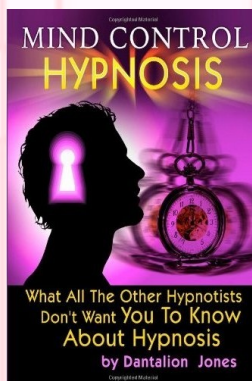
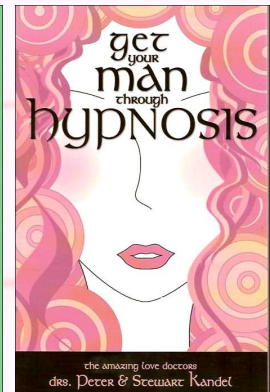
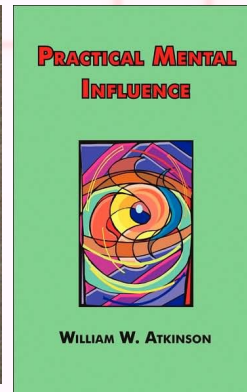
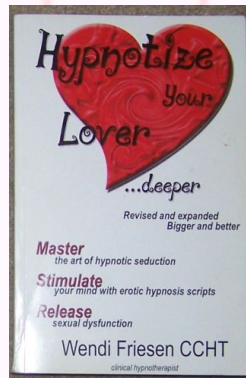
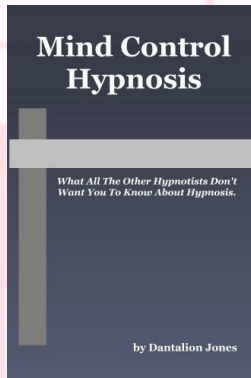
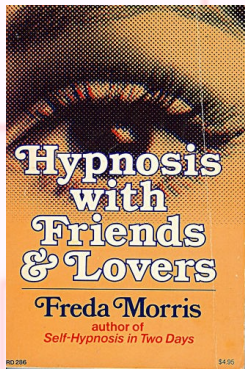
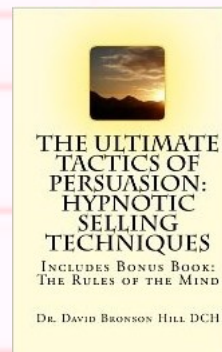
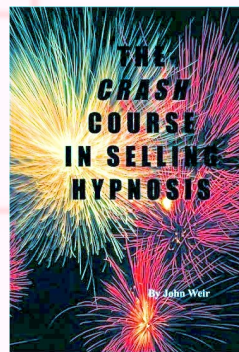
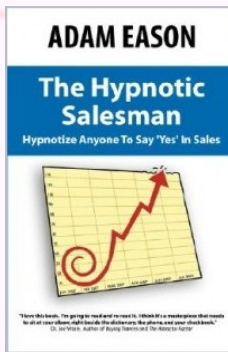
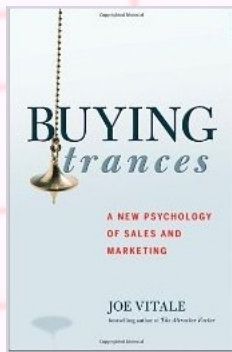
SPORT



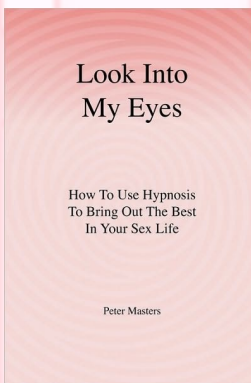
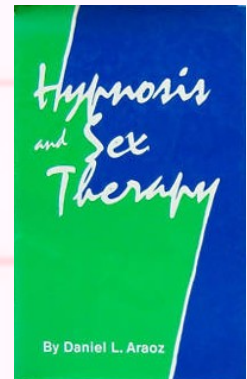
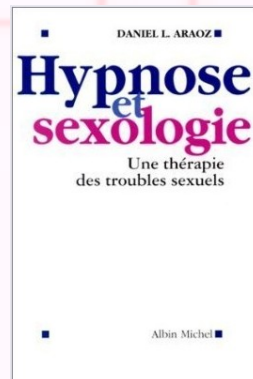
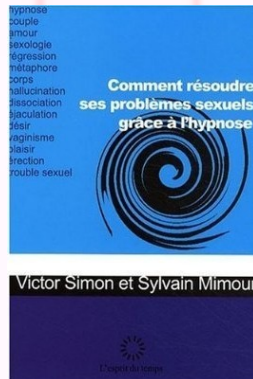
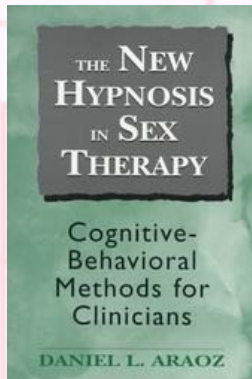
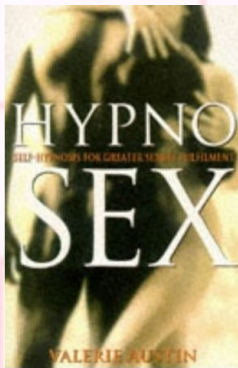
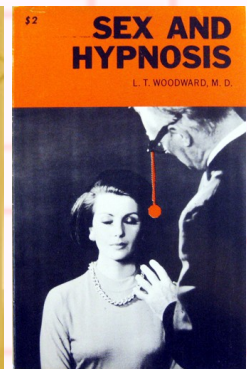
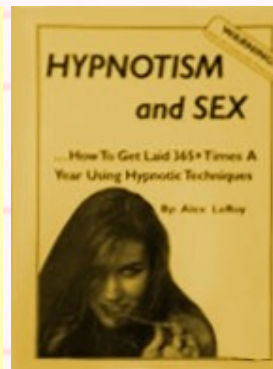
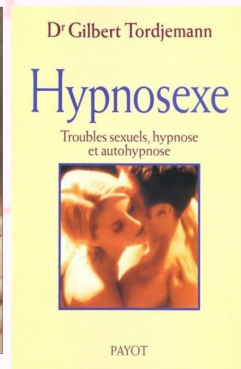
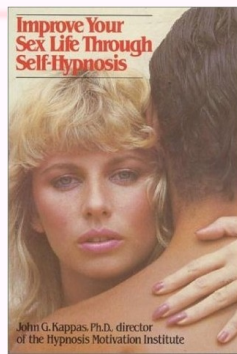
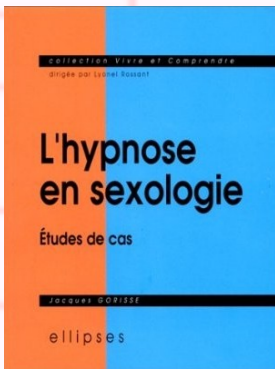
SELLING



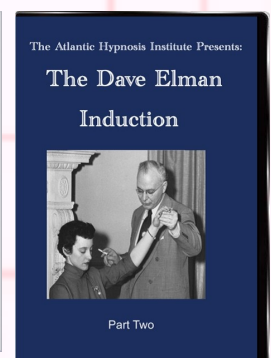
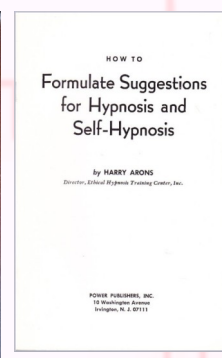
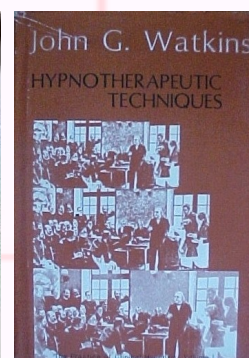
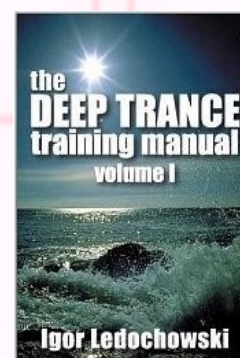
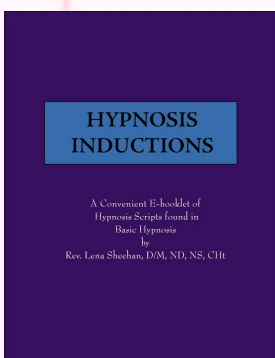
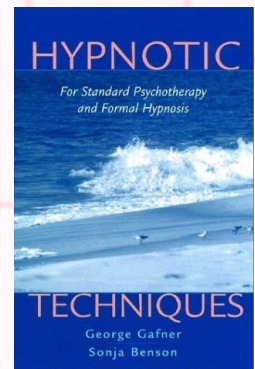
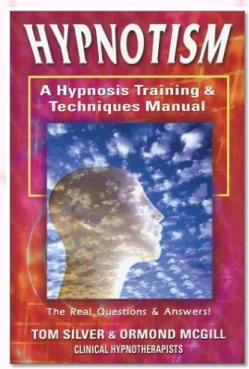
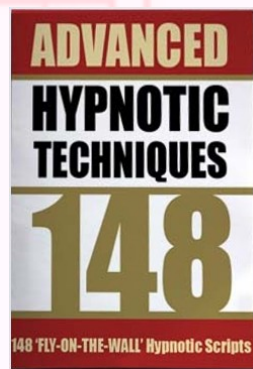
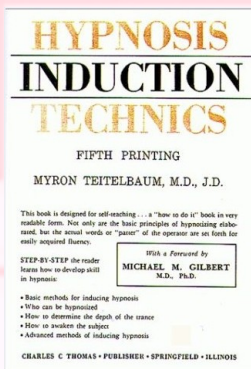
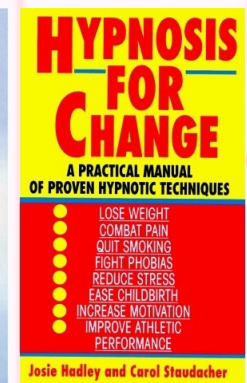
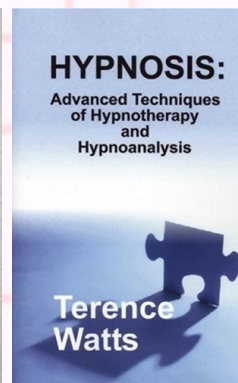
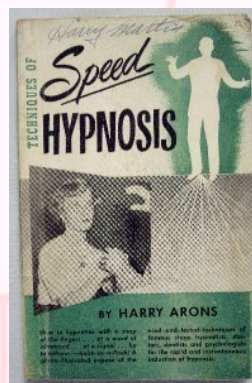
CONTROL

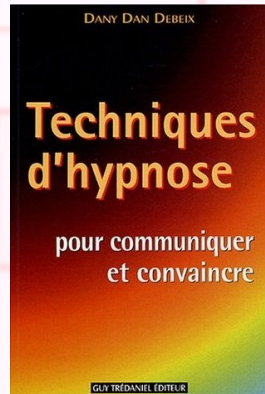
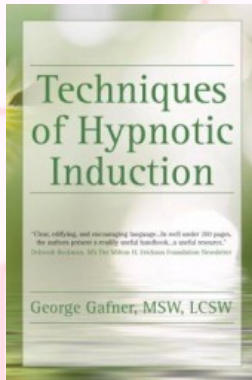
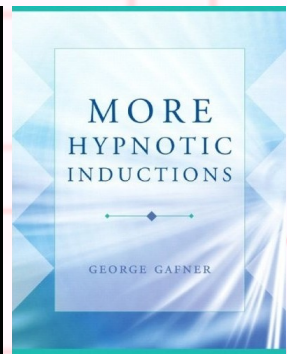
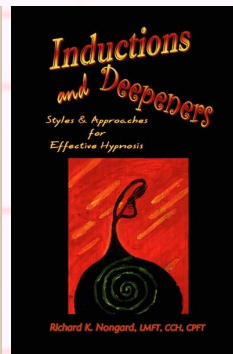
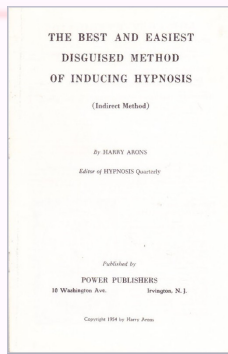
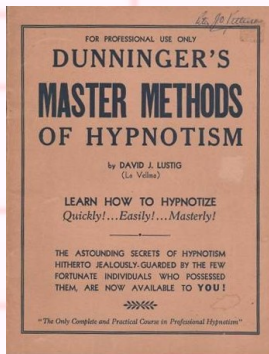


SEX

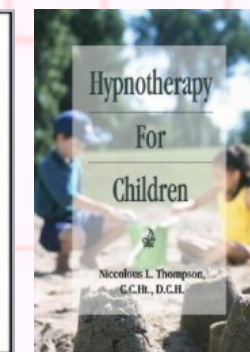
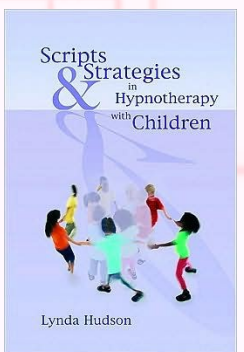
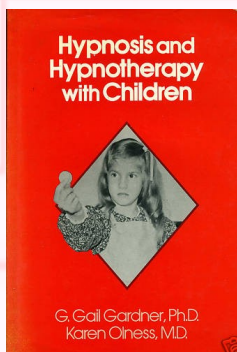
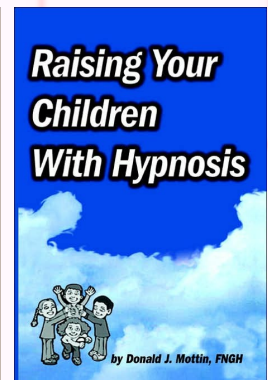
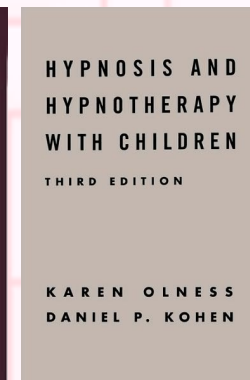
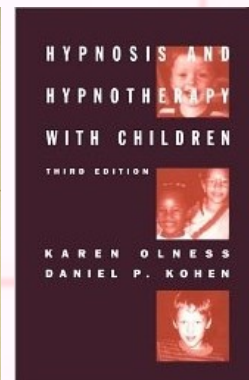
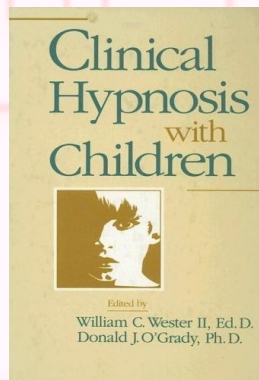
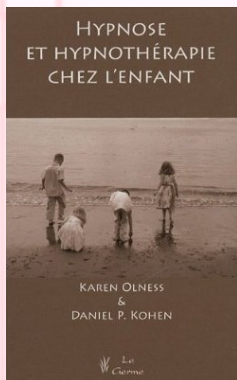
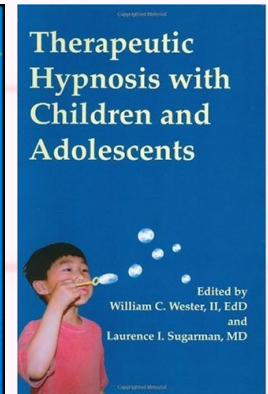
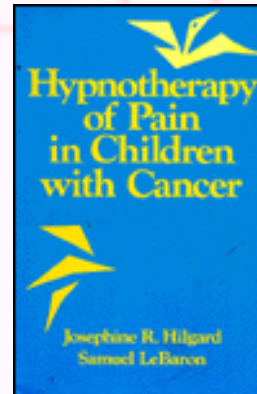


TECHNICS

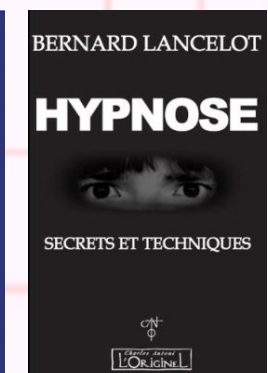
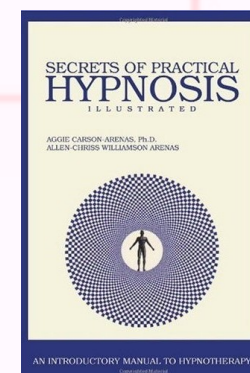
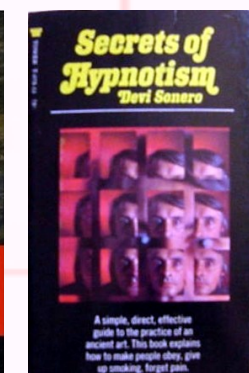
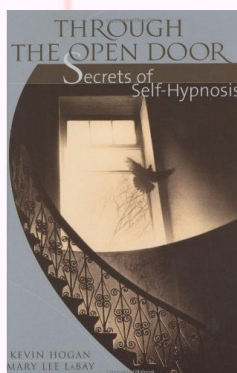


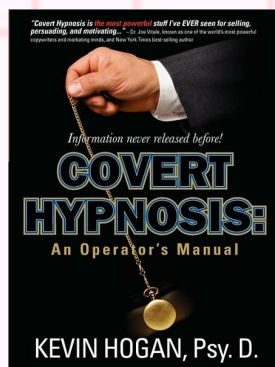
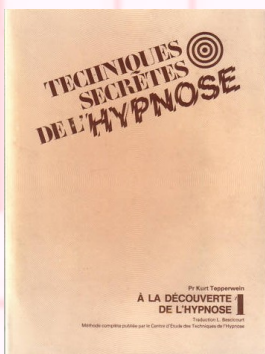
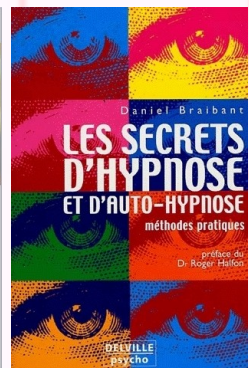
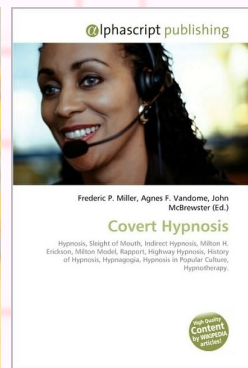
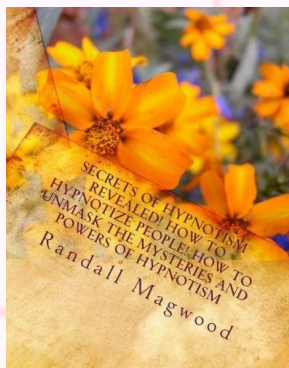
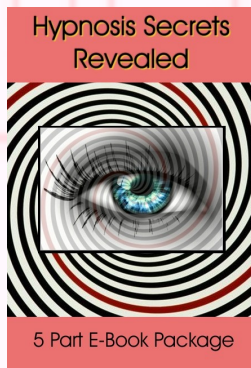
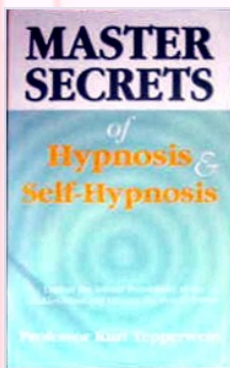
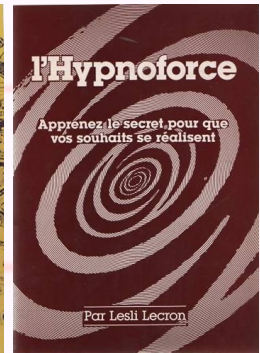
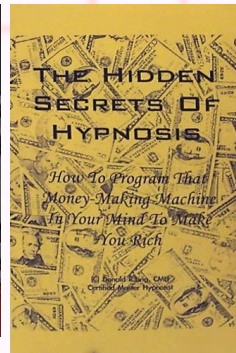
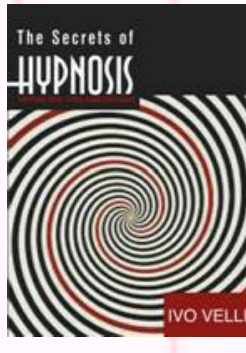
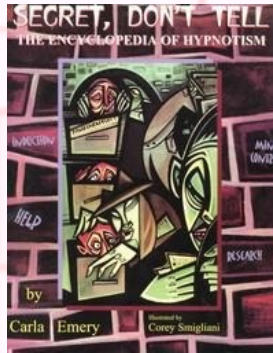
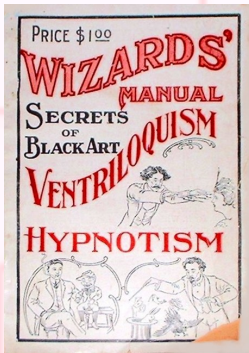
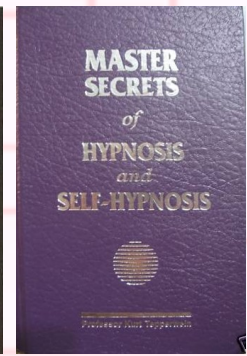
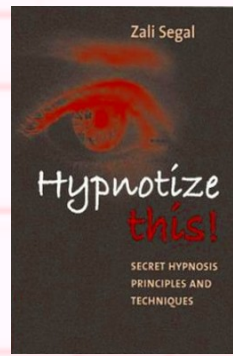
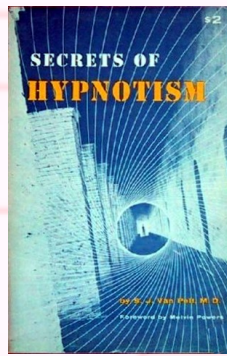
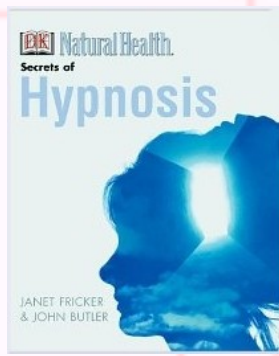
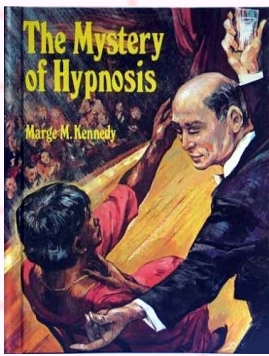


CHILD

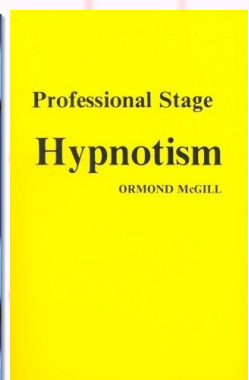
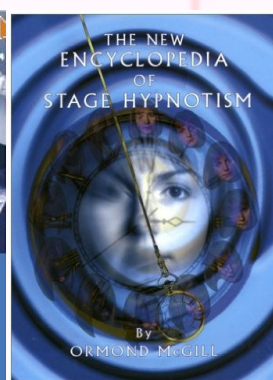
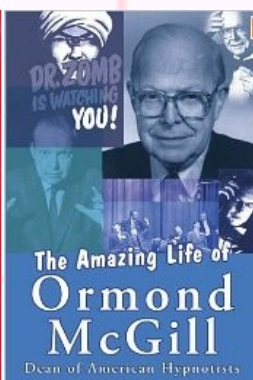
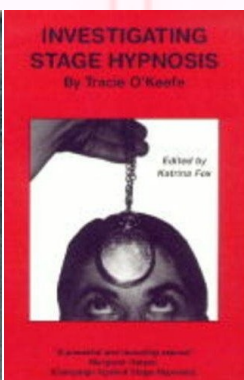
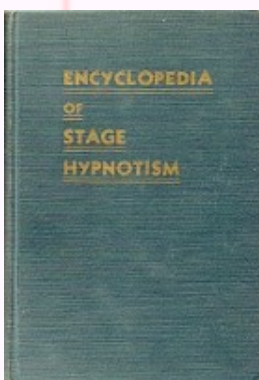
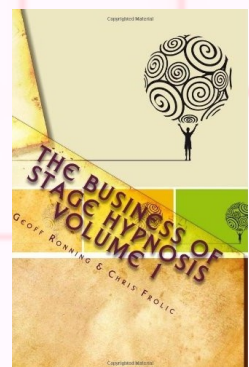
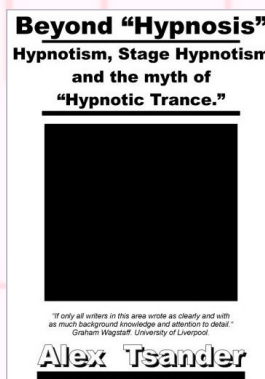


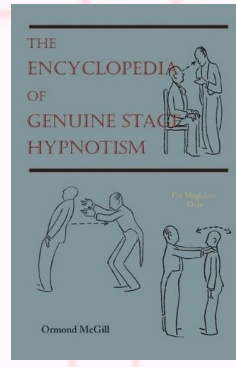
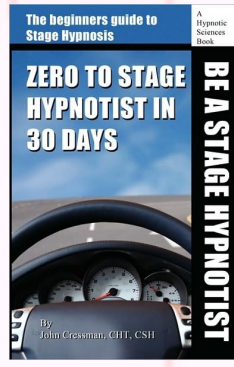
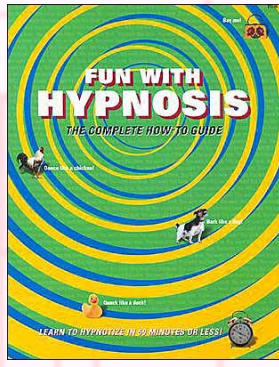
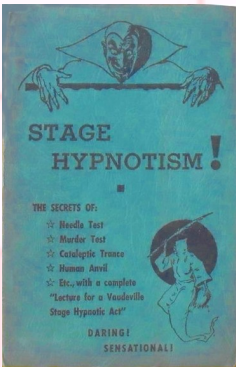
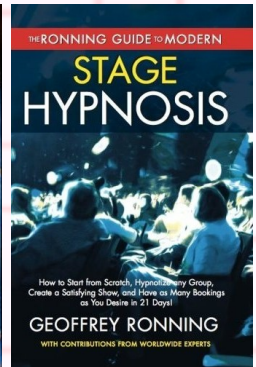
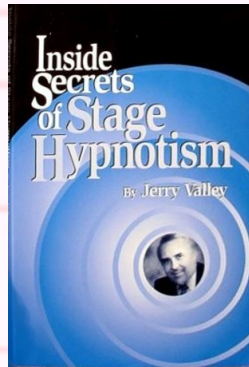
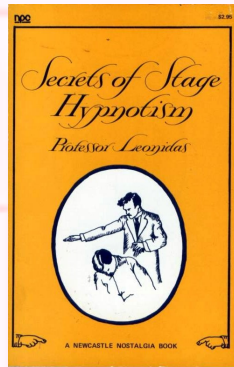
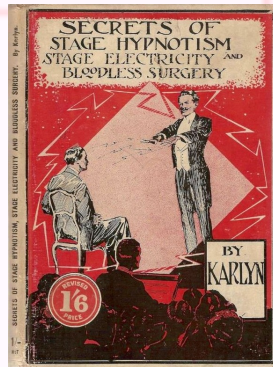
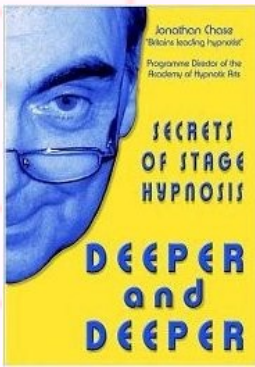
SECRETS



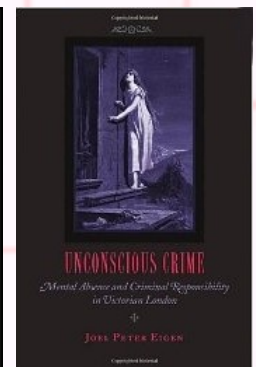
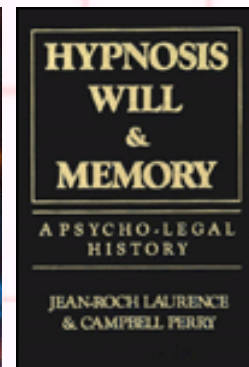
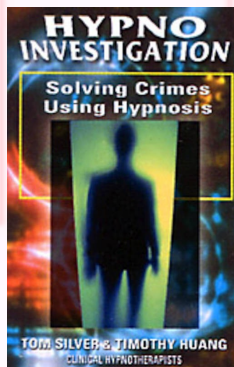
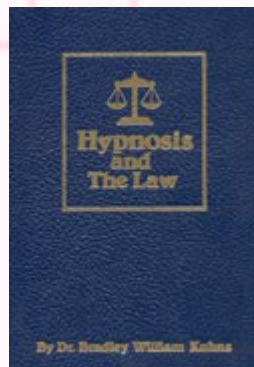
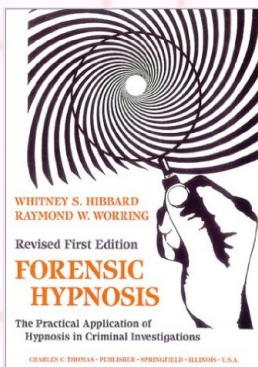
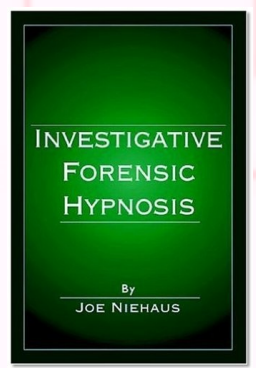
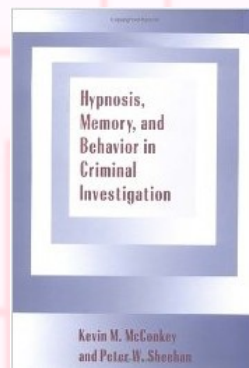
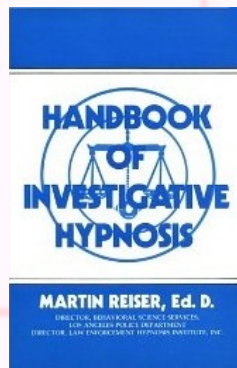
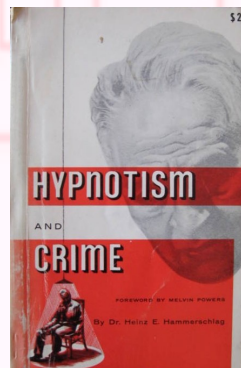
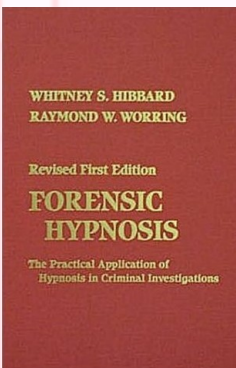


STAGE

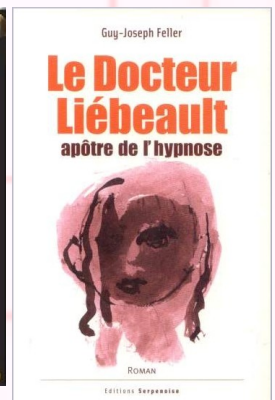
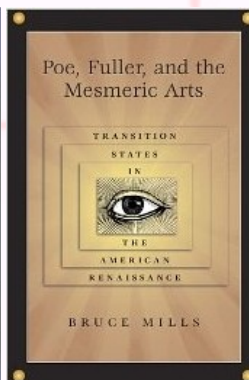
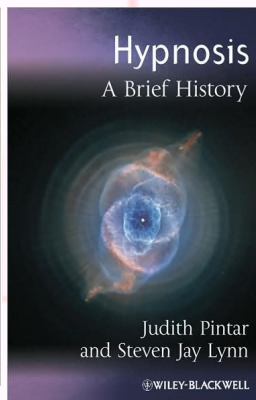
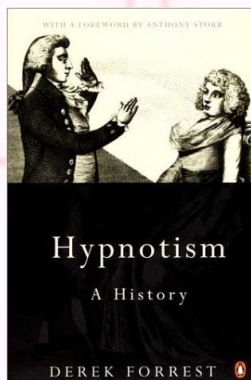


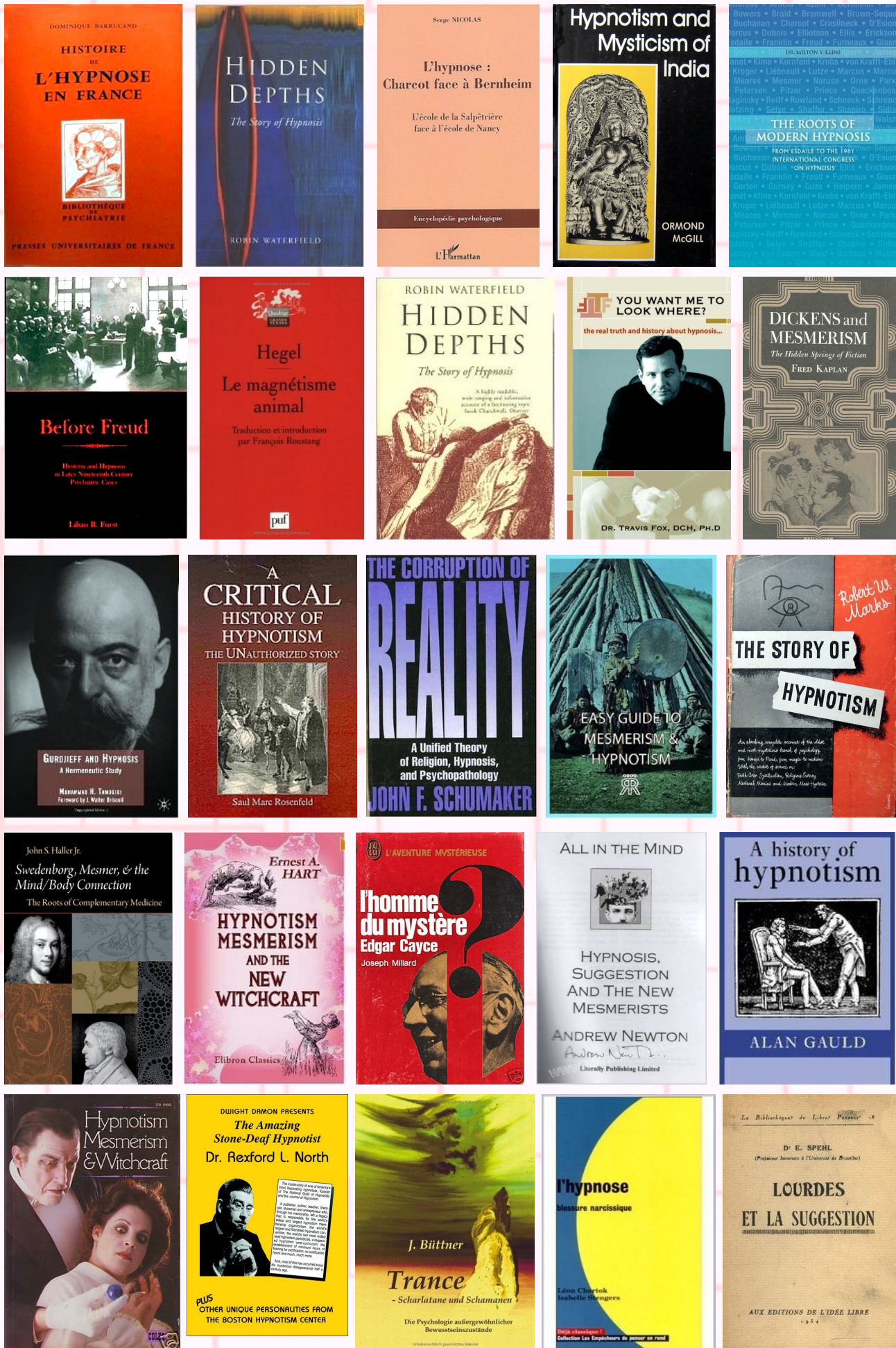


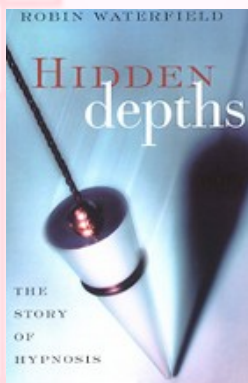
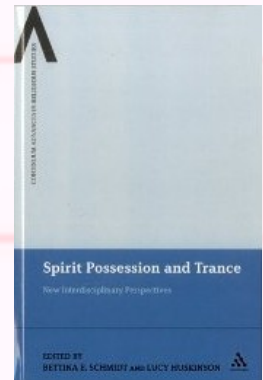
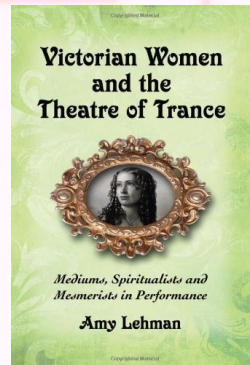
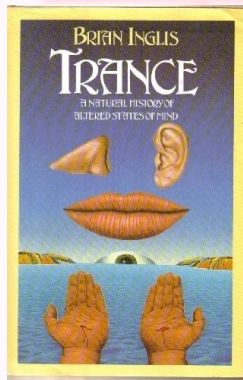
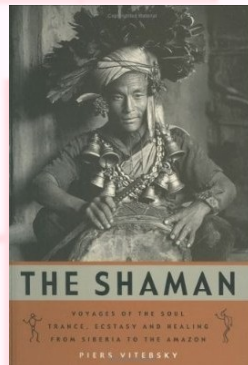
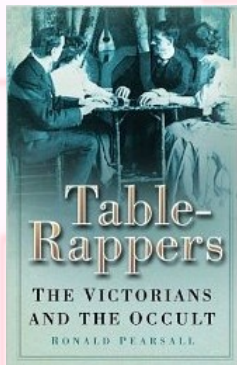
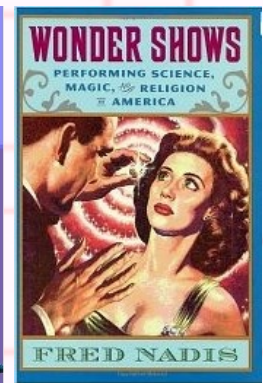
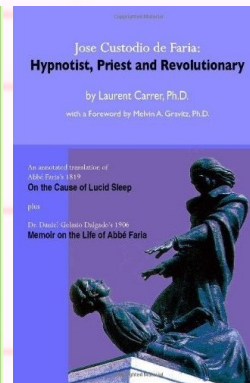
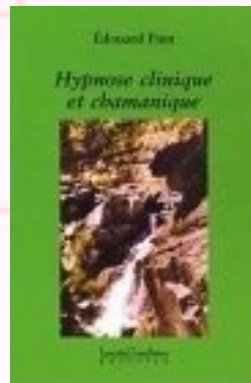
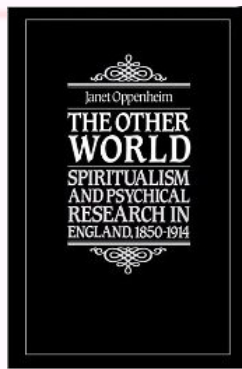
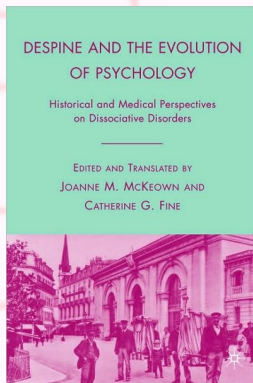
LAW



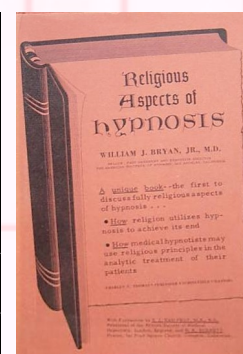
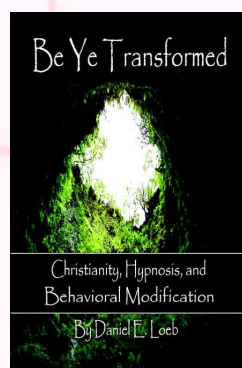
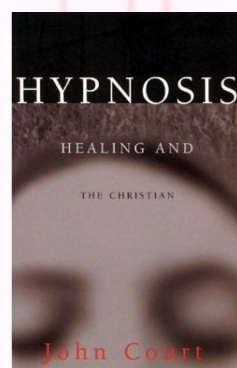
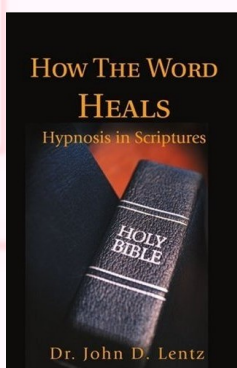
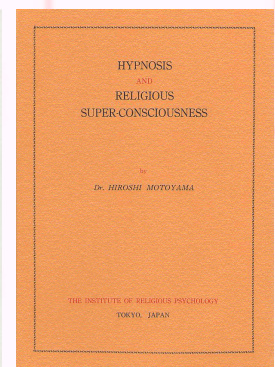
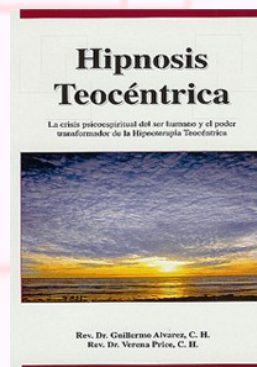
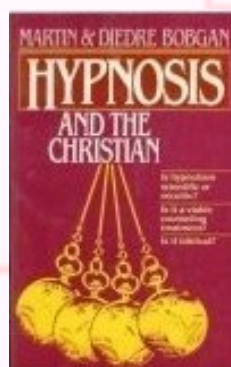
HI
STORY







RELIGION



FELICE PERUSSIA
MANUALE DI
IPNOSI

EDIZIONE  SINCOPE

SELF HYPNOSIS

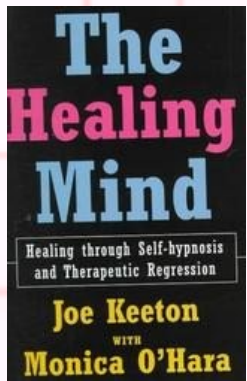
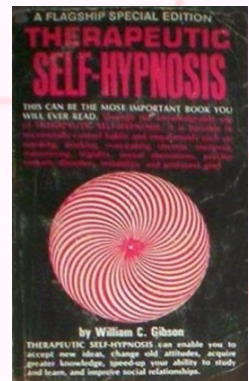
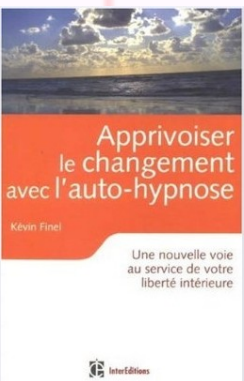
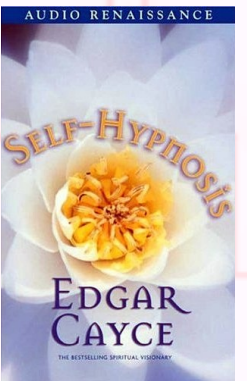
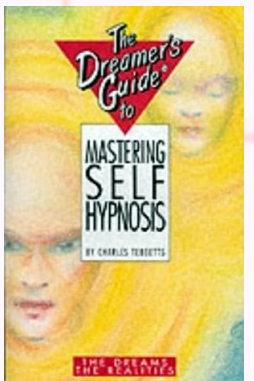
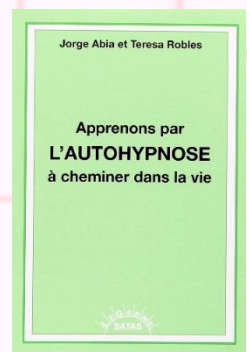
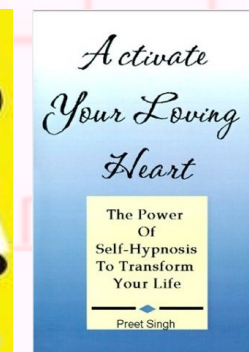
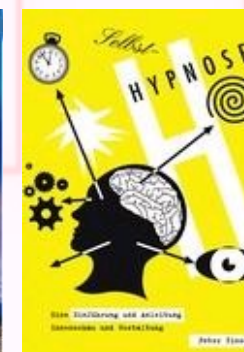
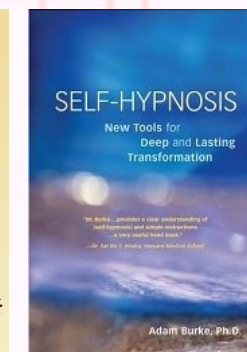
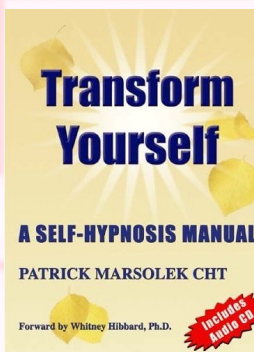
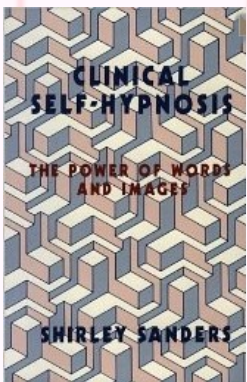
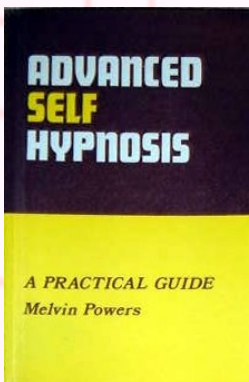
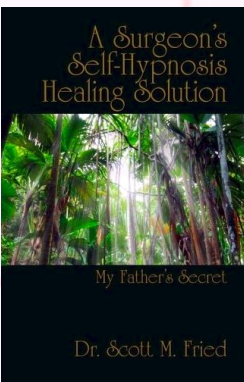
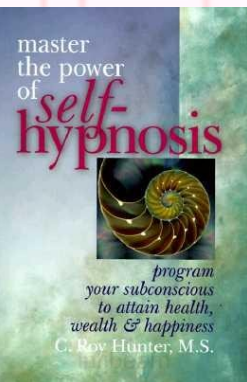
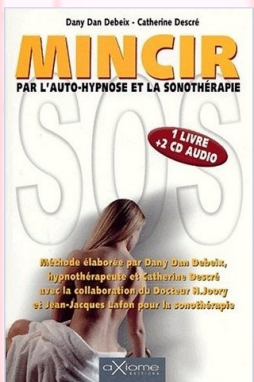
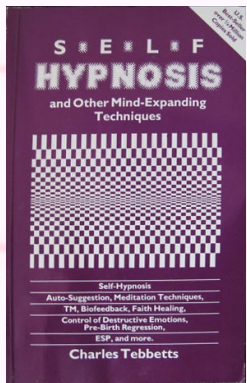
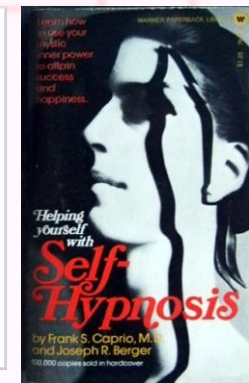
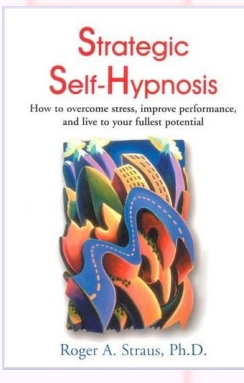
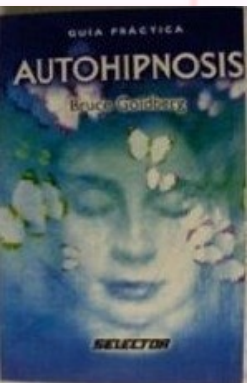
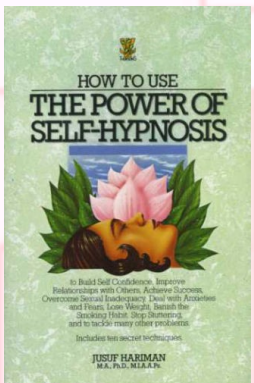
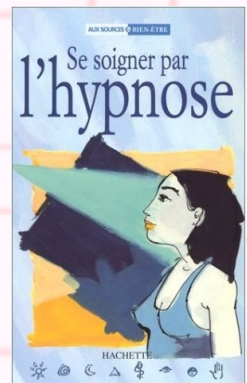
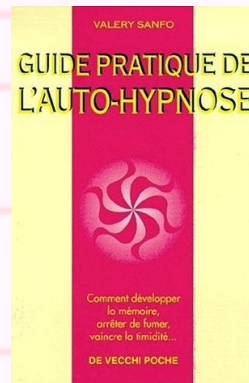
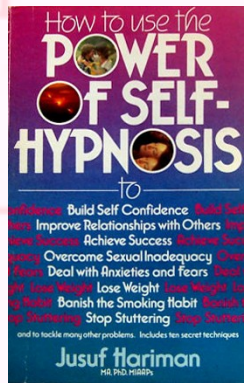
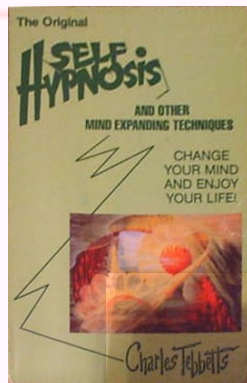
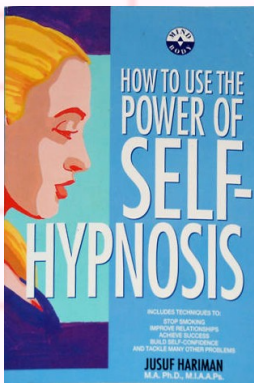
Momentary states of trance are present in the lives of everyone. Through hypnosis, you learn to make better use of such spontaneous personal resources to address and overcome the difficulties that life sometimes offers.

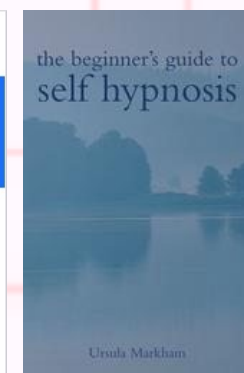
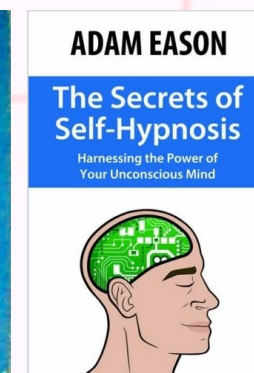
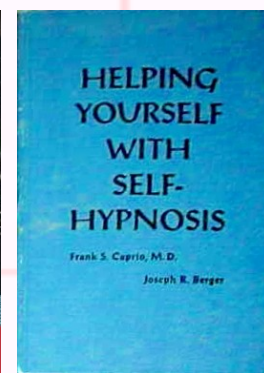
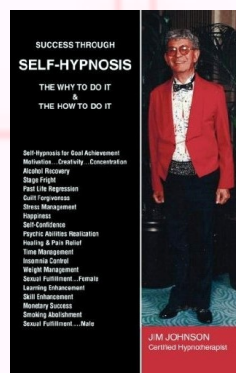
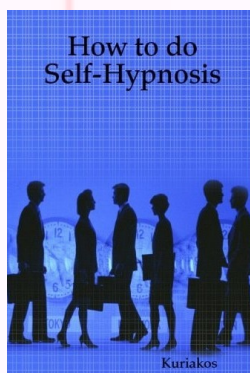
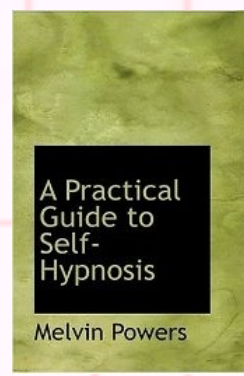
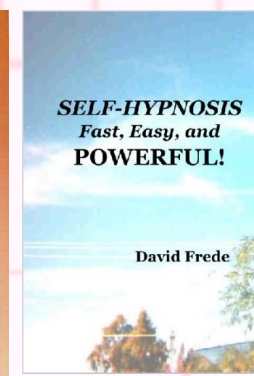
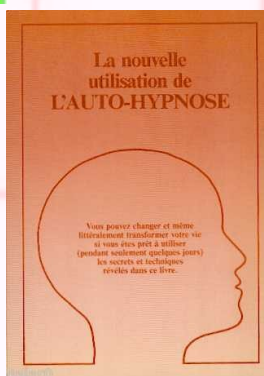
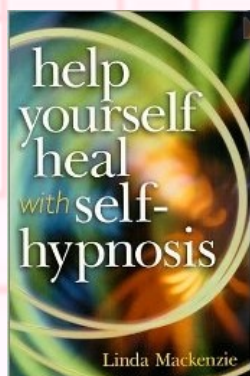
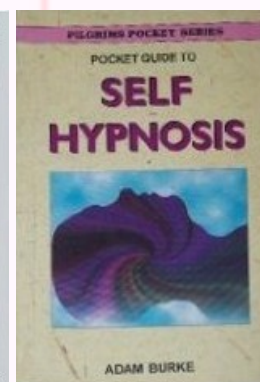
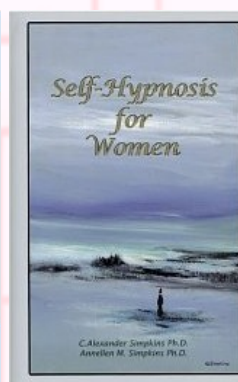
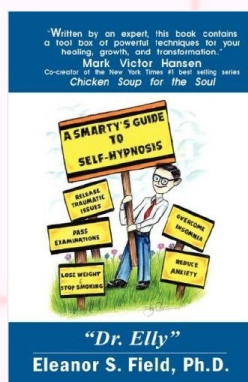
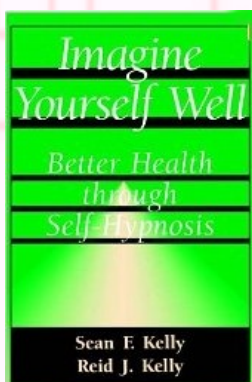
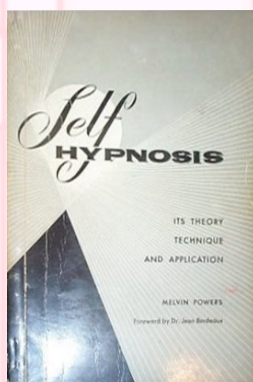
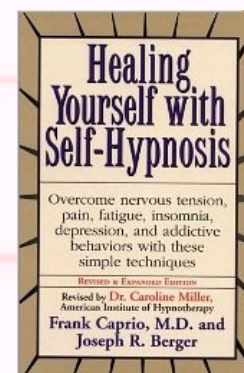
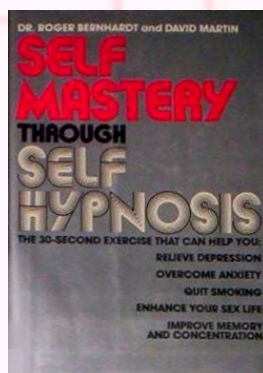
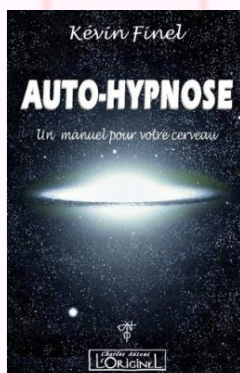
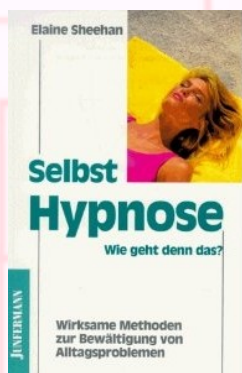
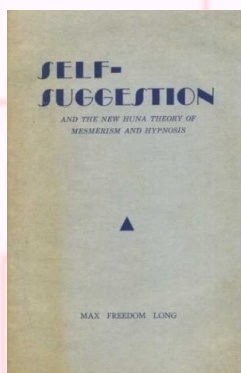
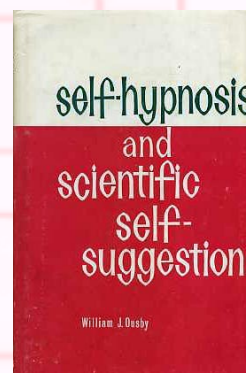
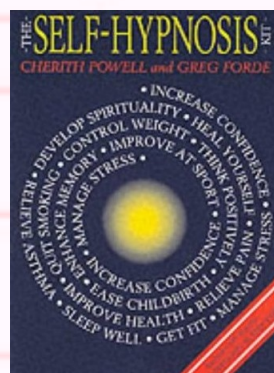
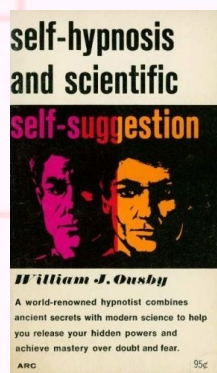
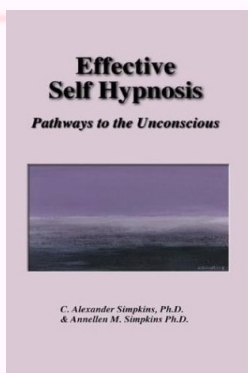
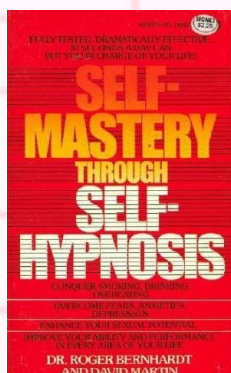
The mainstream of scientific literature about hypnosis, as well as personal experience, clearly shows that the generality of the people is capable of learning self-hypnosis, but as an acquired secondary skill, which develops only from the experience of hypnotic states that have previously been made upon us by a qualified hypnotist. In other words, when a person has learned through its direct and practical experience how to enter into a trance, he can learn to induce the trance upon and by himself.

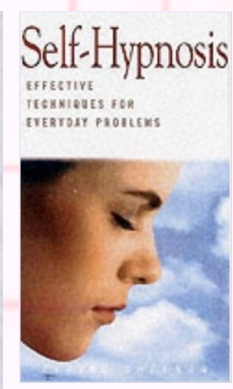
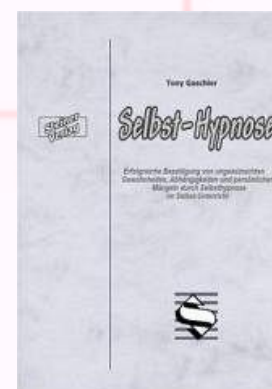
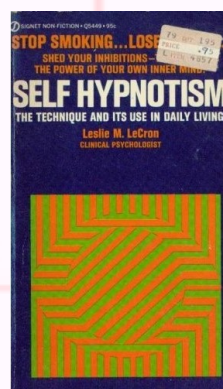
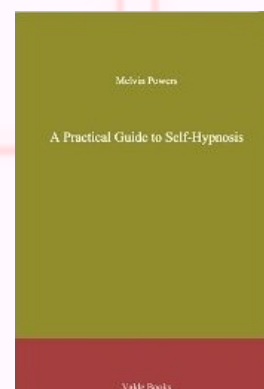
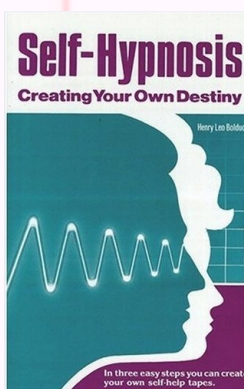
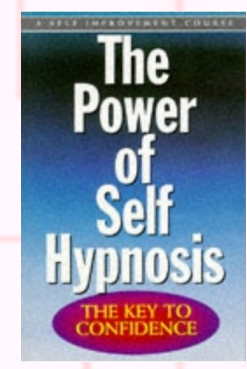
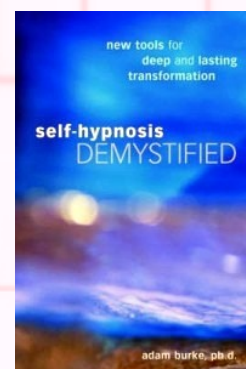
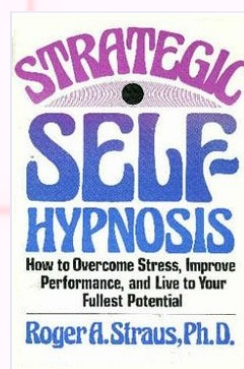
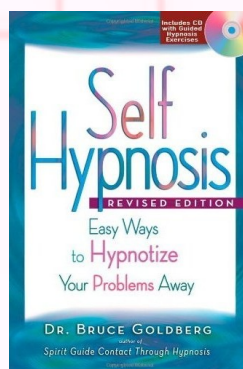
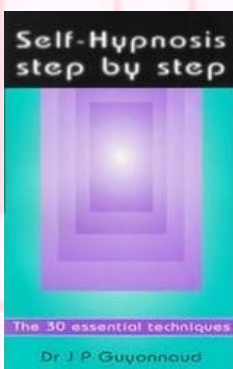
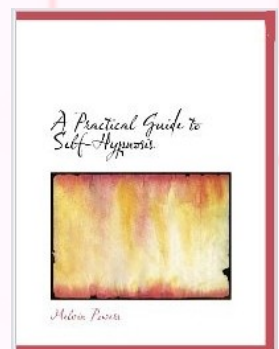
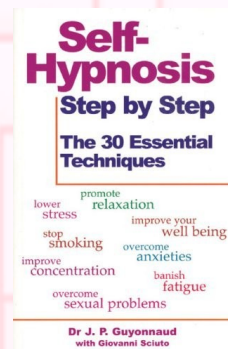
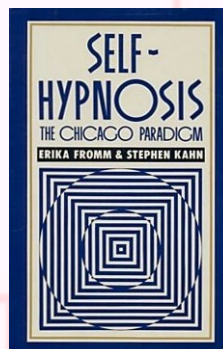
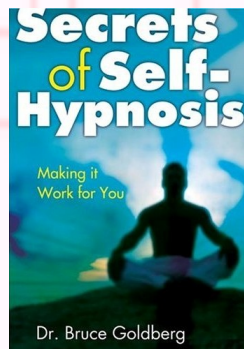
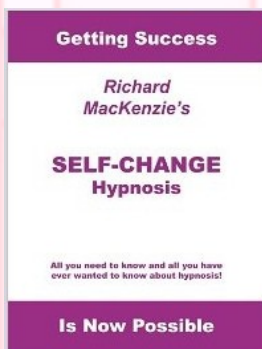
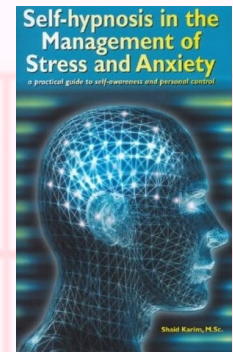
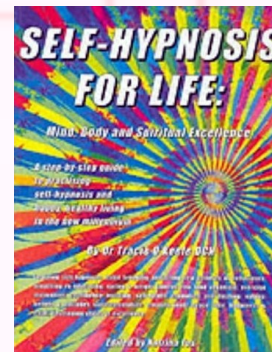
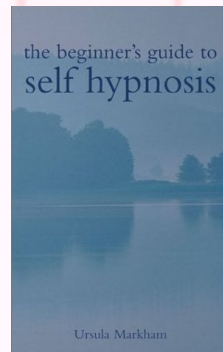
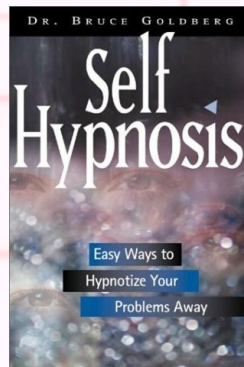
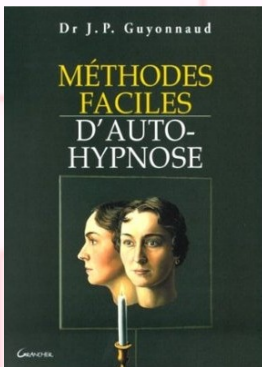
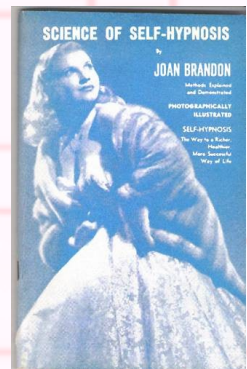
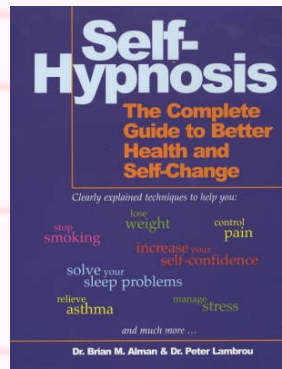
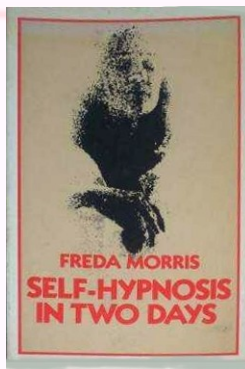
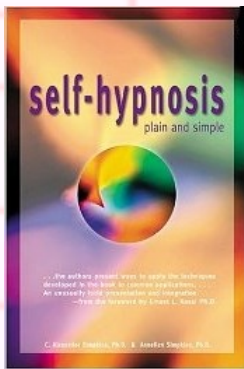
But there is also a trend, which binds to cognitive behavioral tradition, that uses techniques of suggestion and of self-suggestion to help people persuade themselves to follow healthy lifestyles and more satisfying for them.

Anyhow it is unlikely that somebody can self-induce and manage an effective trance just by reading a book.

While self-hypnosis, with appropriate supervision of an experienced hypnotist can be very useful to people. And the books can therefore be useful as a means of better obtaining the goals we set for.

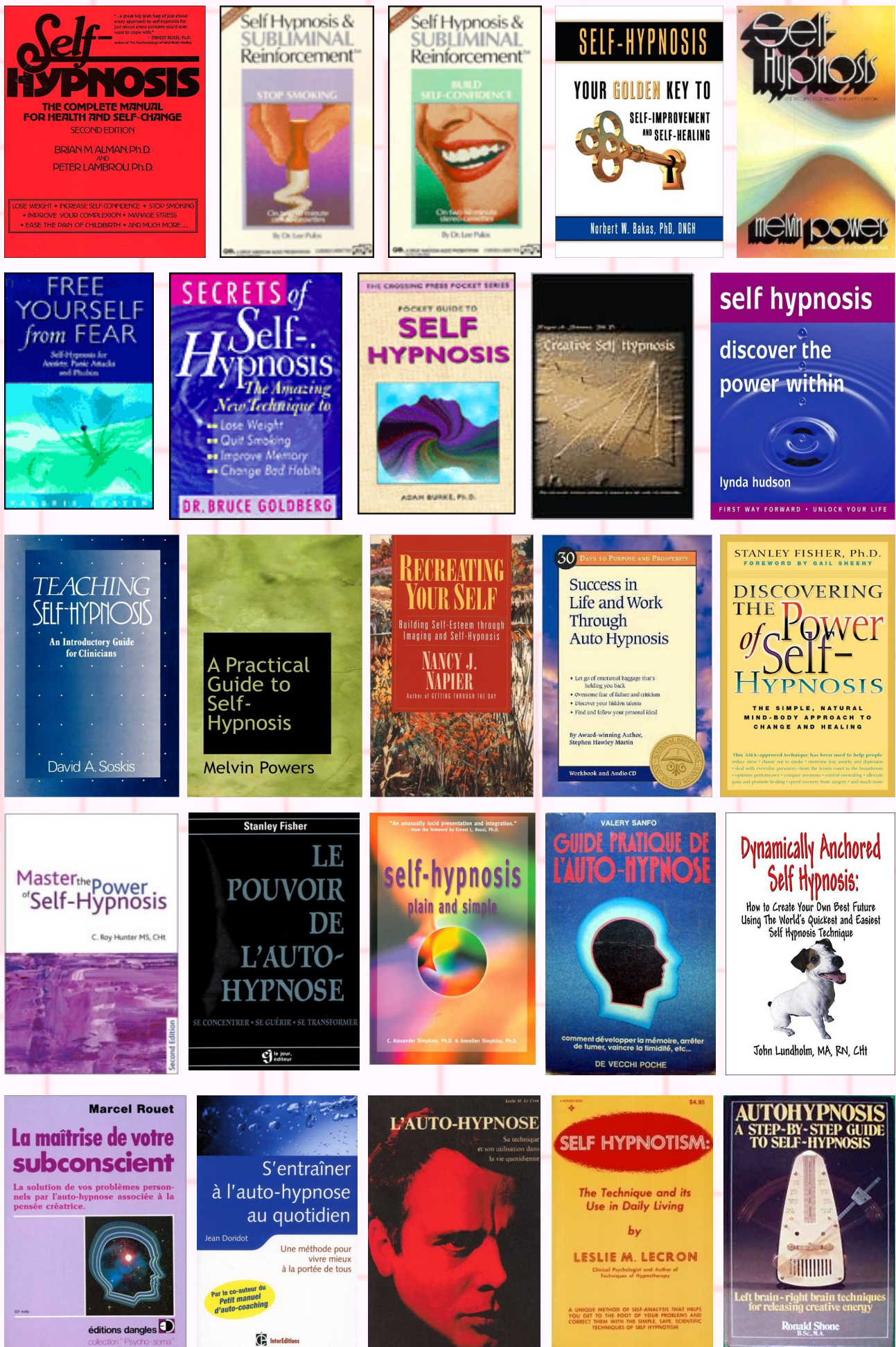












FELICE PERUSSIA
MANUALE DI
IPNOSI

EDIZIONE  SINCOPE

ERIKSONIANS

In the history of trance many authors have succeeded in the task of framing hypnotism in a serious, scientific and respectable way. In modern age, Mesmer was the first. Then, among others: Puysegur, Faria, Braid, Charcot, Bernheim, Janet, Hull, Hilgard, etc.

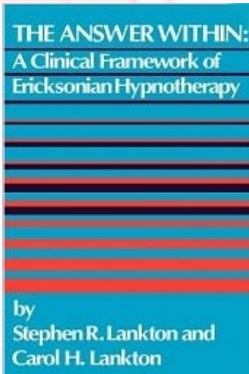
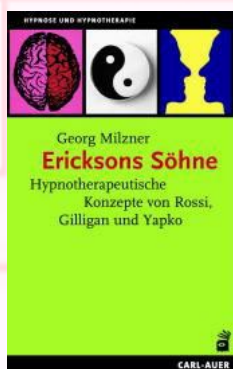
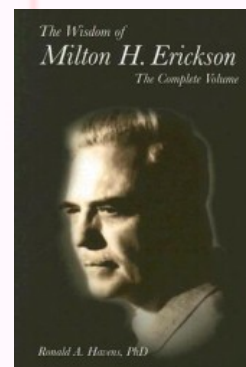
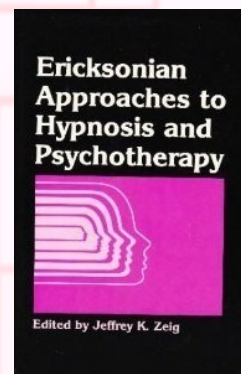
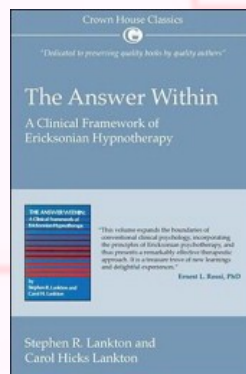
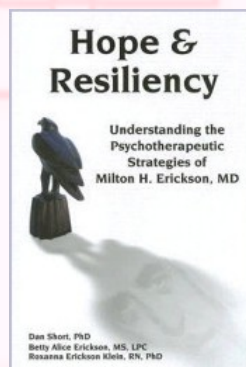
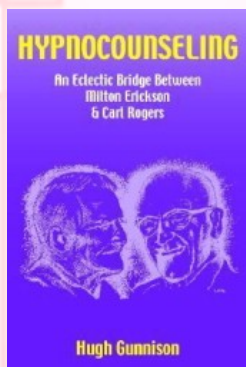
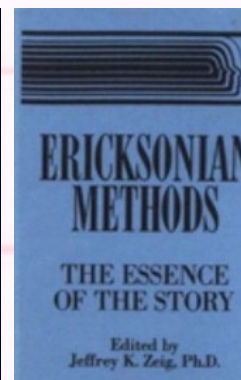
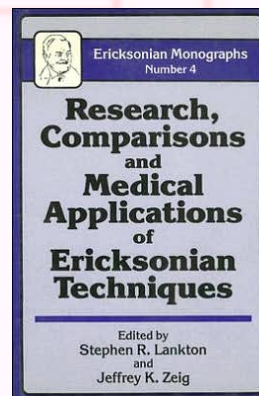
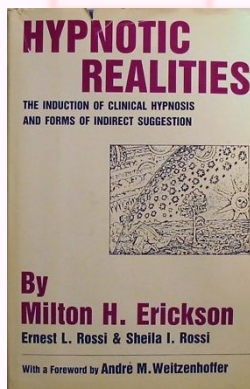
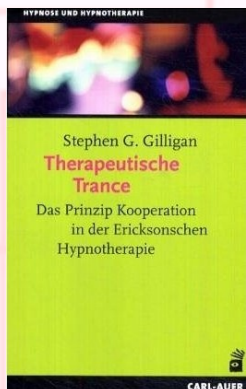
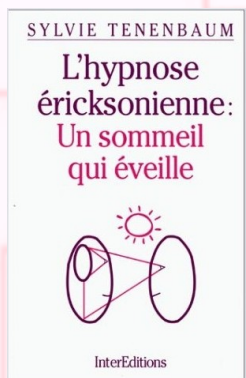
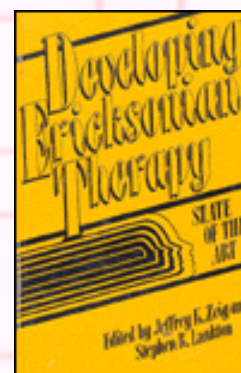
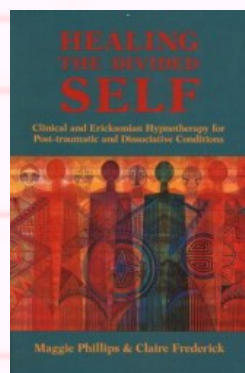
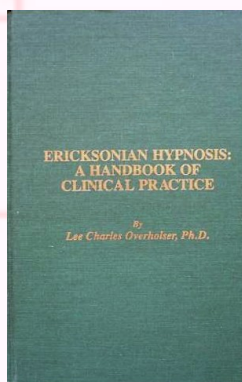
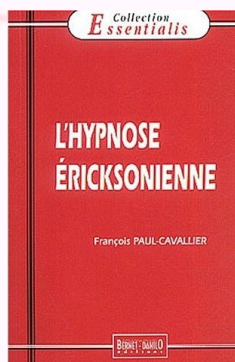
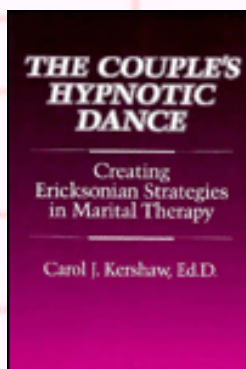
When we reach the end of the twentieth century, Milton Erickson seems to be identified as the new Siddhartha of the hypnotism.

Erickson has been a great artist of hypnosis. But the tools and techniques that he employs are not so different from those of many other hypnotists (before and after him). As it is fairly obvious, given the inherently simple and consistent nature of hypnotic suggestion.

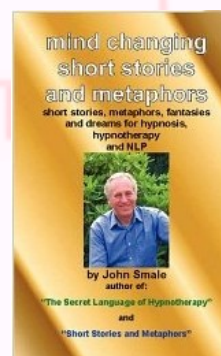
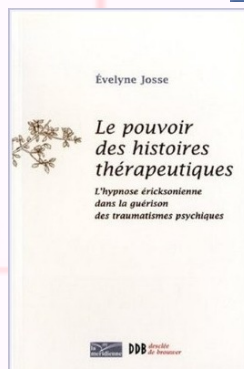
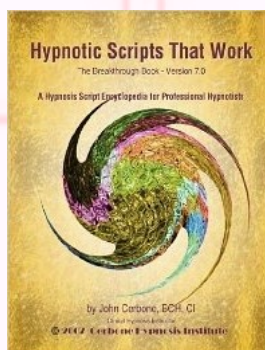
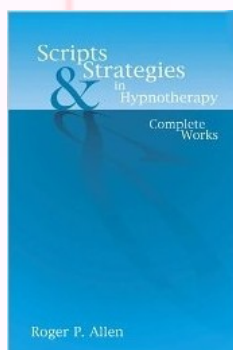
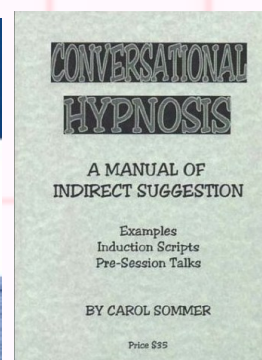
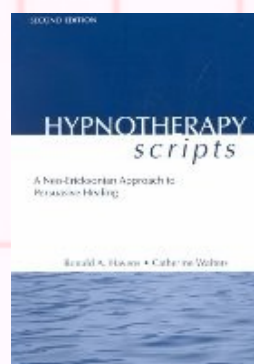
Erickson is American (not French nor German). He receives the baton of the hypnotism directly from Clark Hull, who is the most respected scientist of academic behaviorism. Erickson is smart, not at all pretentious and of kind ways. It does not create strange theories, he does not fantasize of magnetic fluids, he does not pretend to do anything different from hypnosis.

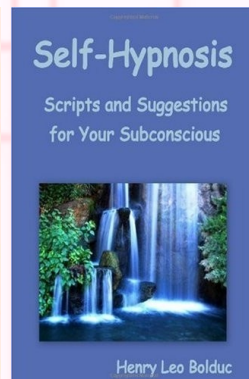
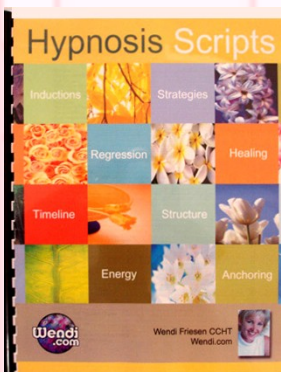
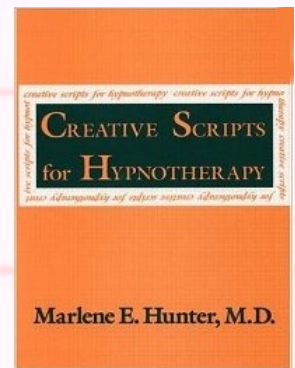
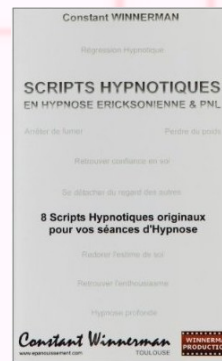
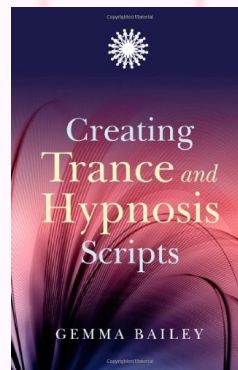
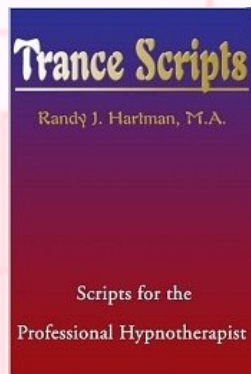
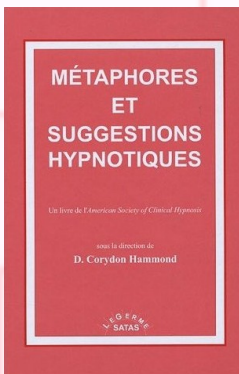
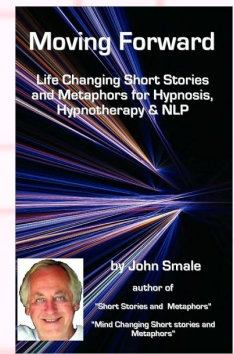
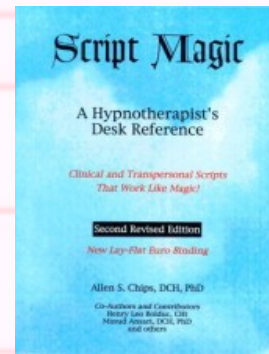
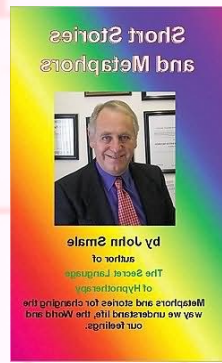
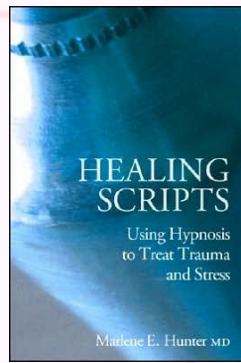
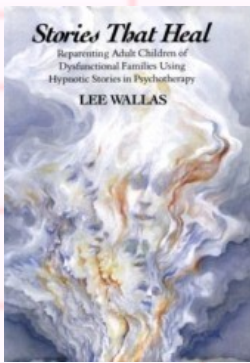
One of his top qualities is a form of quiet understatement. He often uses stories, that the hypnotist tells the client gently into trance. After him, multiply the books devoted to such a new hypnosis, as well as the repertoires of metaphors with which subtly help people to heal.





ME TAPHOR





MAGNETIC DEVICES

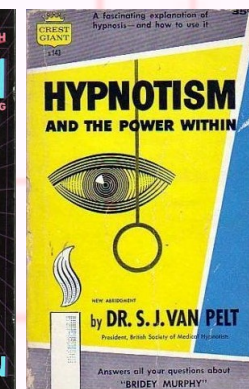
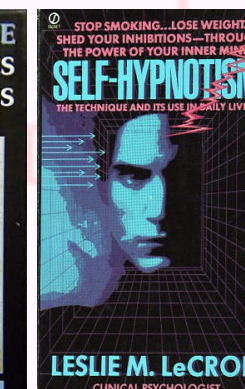
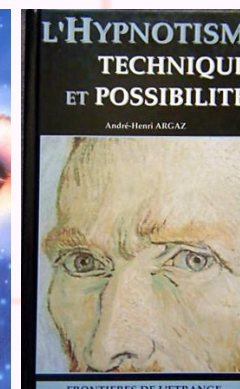
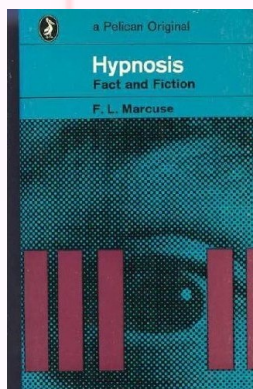
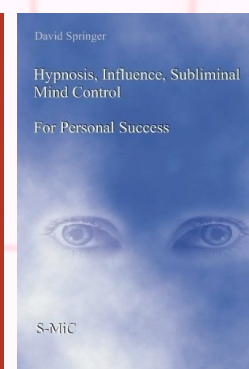
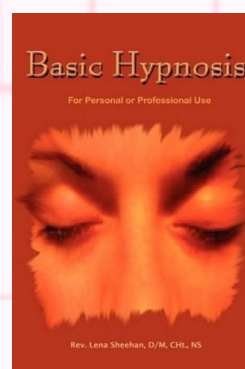
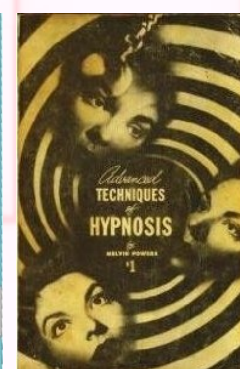
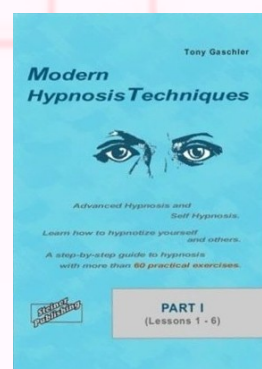
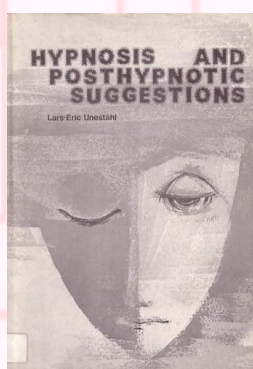
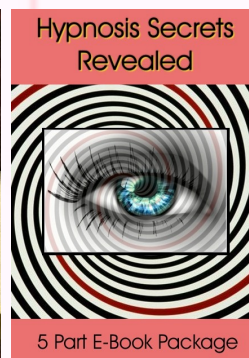
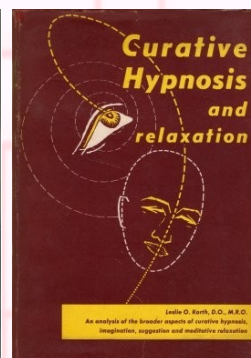
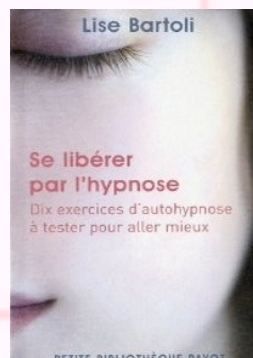
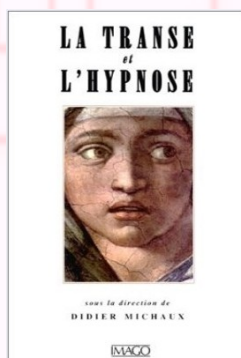
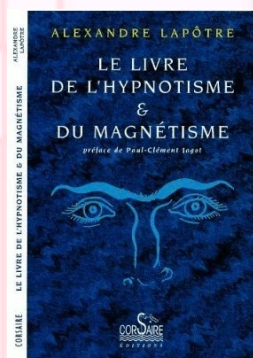
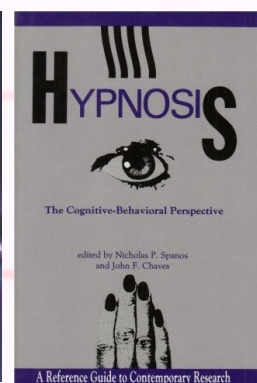
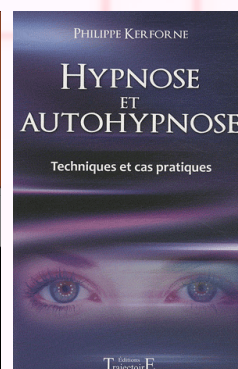
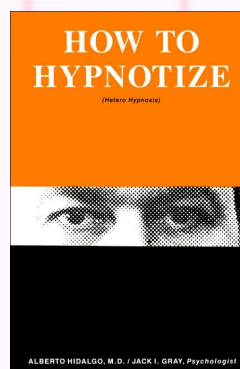
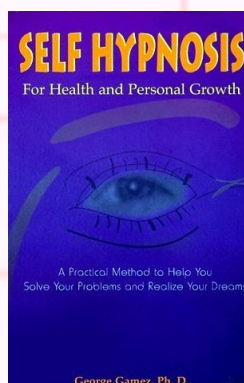
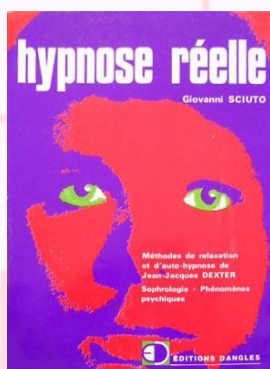
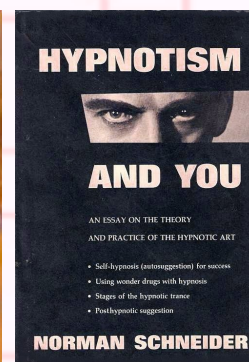
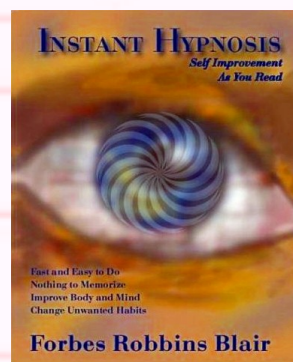
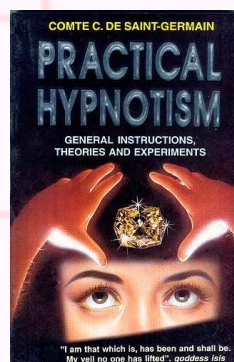
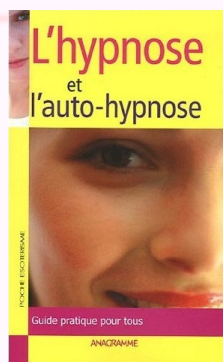
Hypnosis is a subject that everyone has heard of and about which all believe they have made at least a vague idea. However, most people would not feel really able to define it. In other words: the index of recognition of hypnotism is very high. While the index of knowledge of his true nature is very low. In fact, the most popular icon of the hypnotism are the magnetic eyes.

Perhaps people imagine that some form of dynamic fluid comes out from the eyes of the hypnotist, and that through the eyes this fluid can enter into the consciousness of the hypnotized one. The fact is that fascination in the sense of looking at each other eye to eye, it seems the main naive prototype of the charming rapport. The second icon for hypnosis is the pendulum. Typically the watch from his waistcoat in the nineteenth century, that is made to swing by holding the dangling chain. But that's okay too the plumb bob of masons.

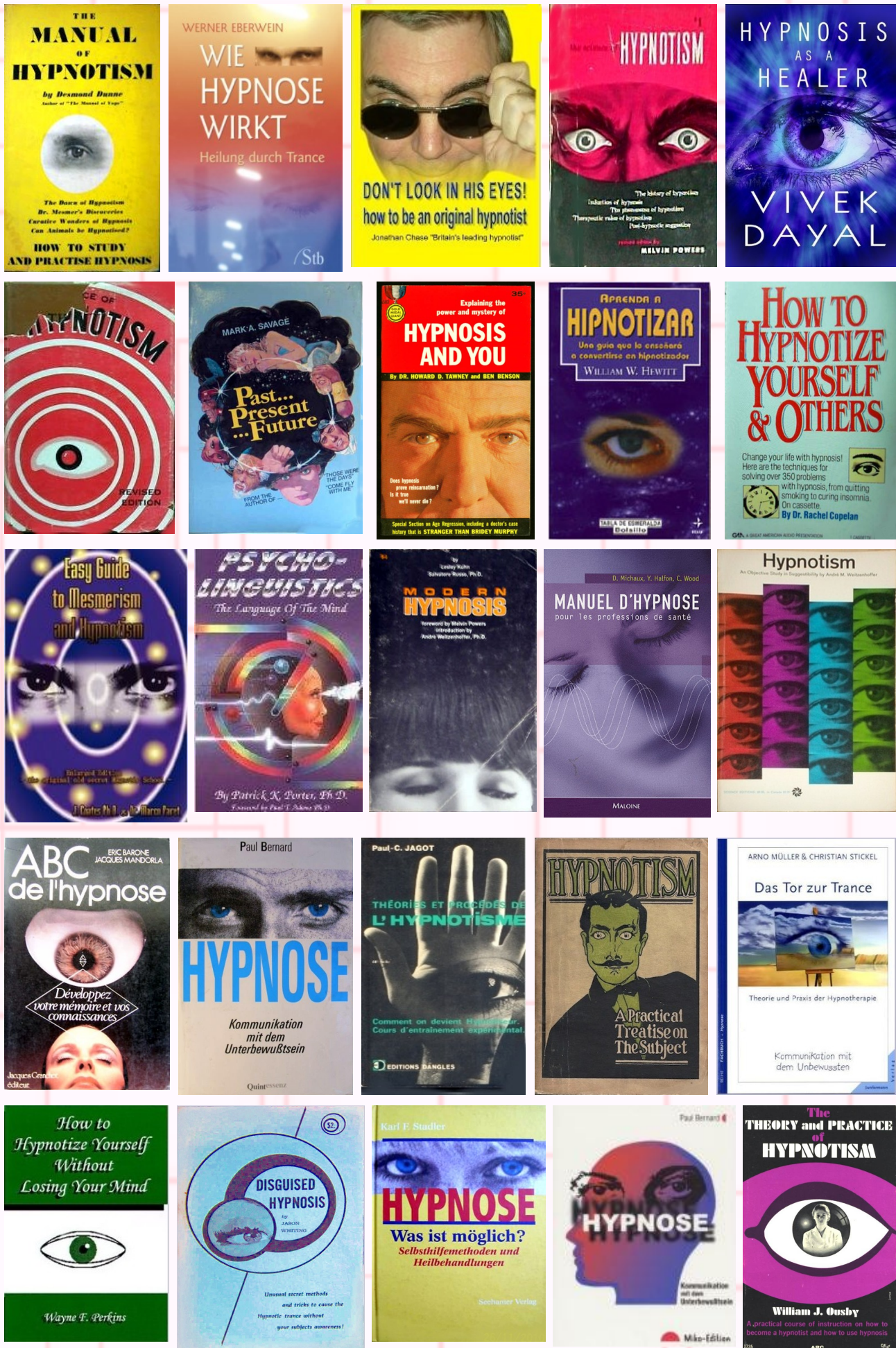
Another way to define the hypnotism are the hands of the hypnotist, which look like a sort of antenna or a wand to direct the supposed hypnotic power.

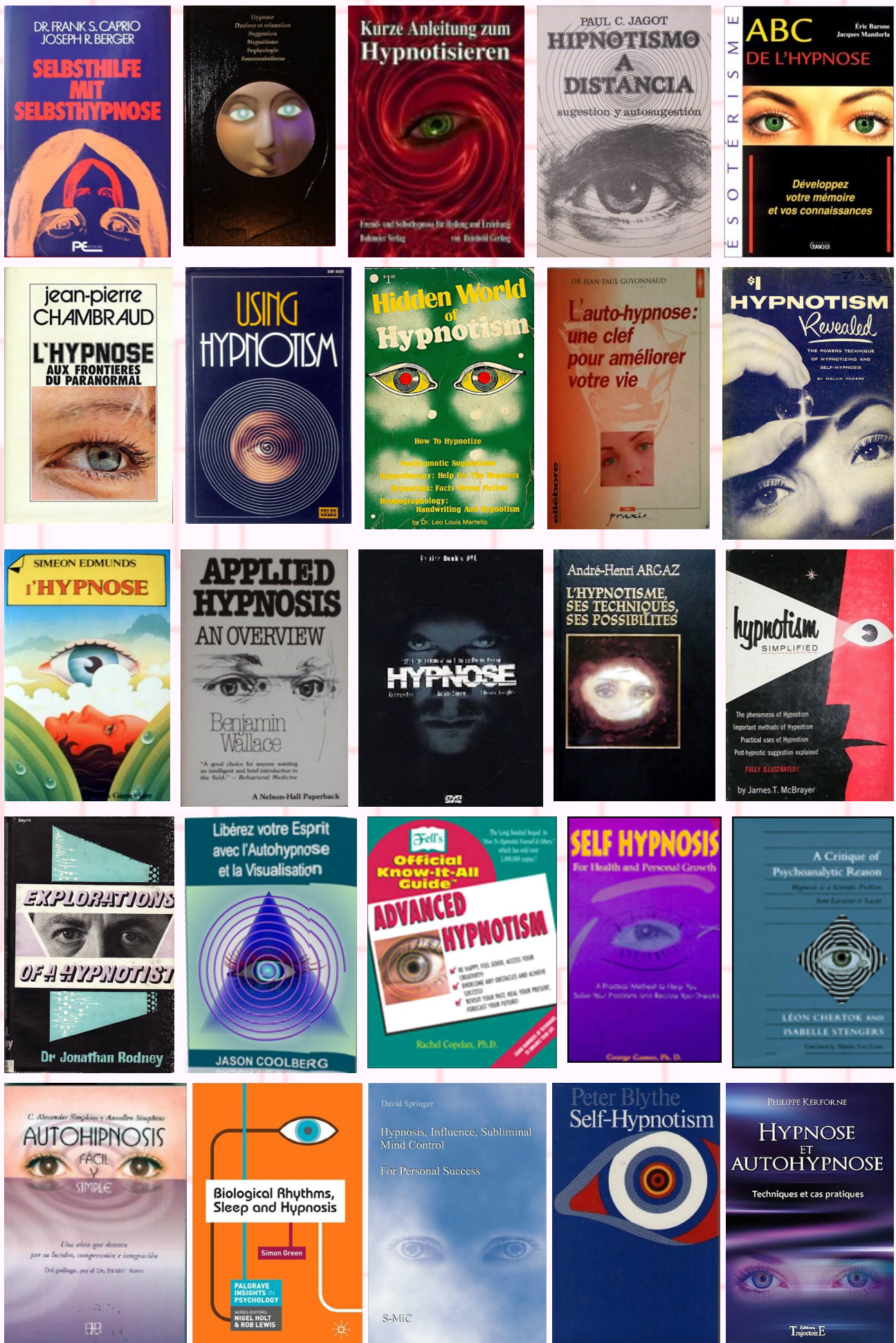
Also here: the most obvious fact is that the universal characterization of hypnotism, despite having little to do with the real substance of the phenomenon is very well defined.

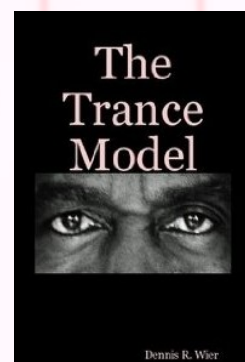
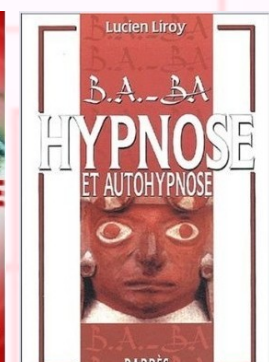
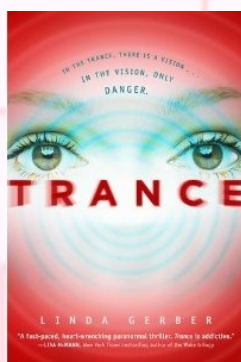
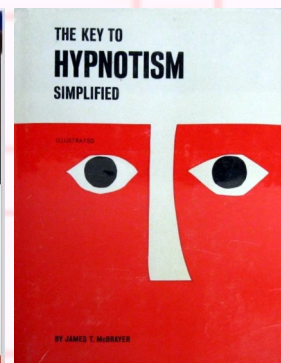
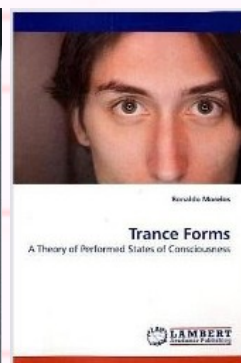
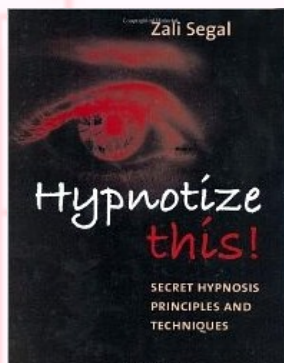
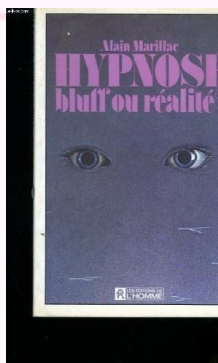
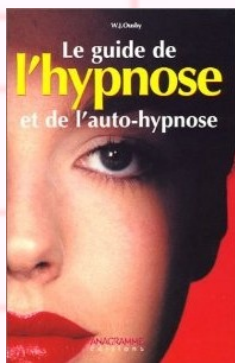
EYES



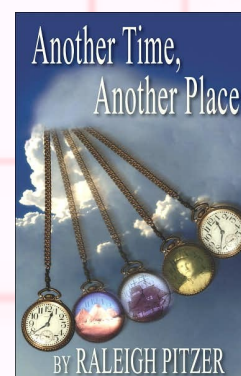
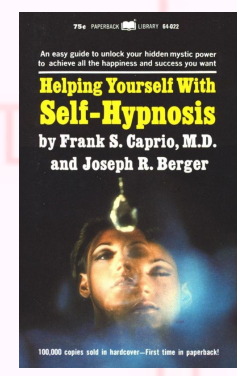
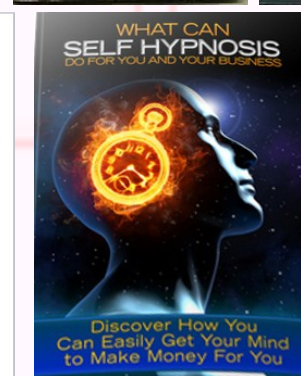
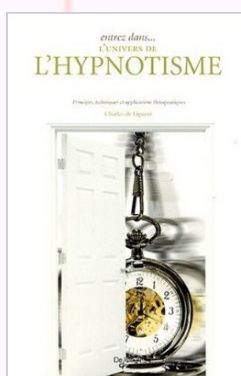
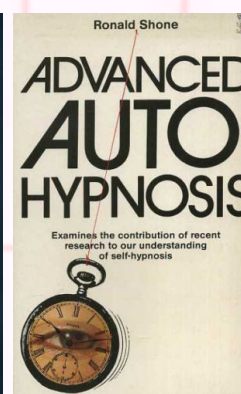
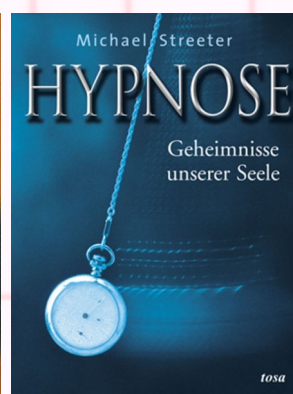
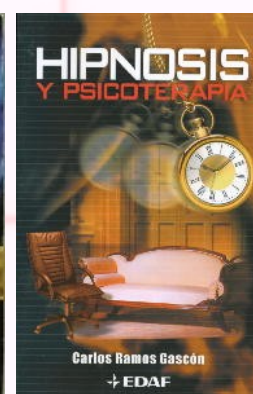
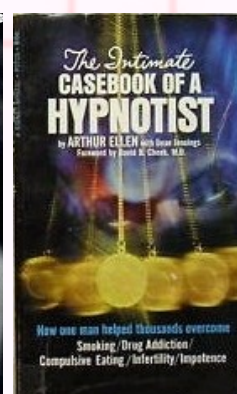
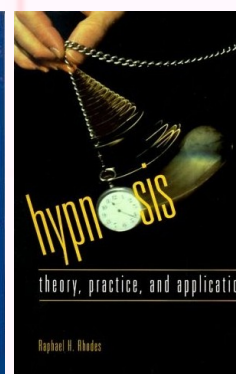
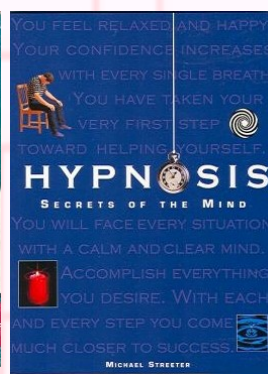
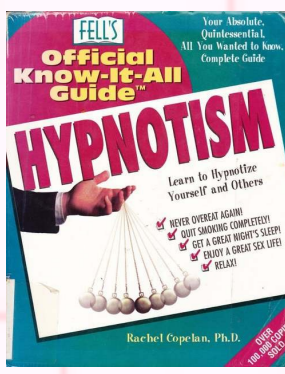
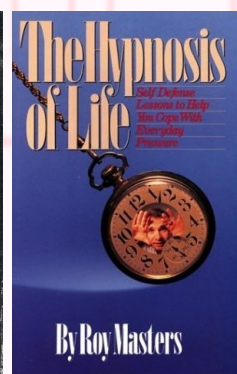
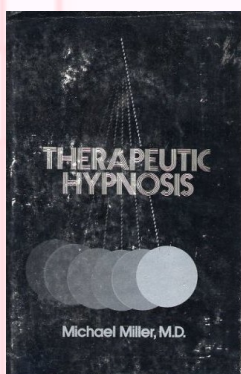
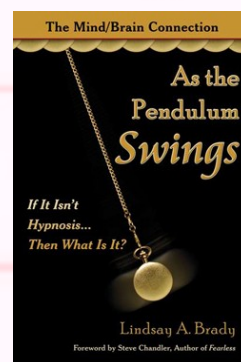




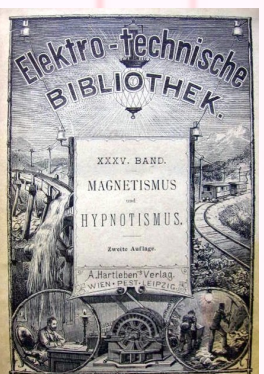
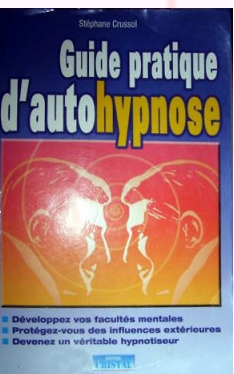
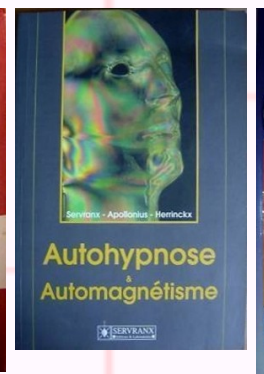
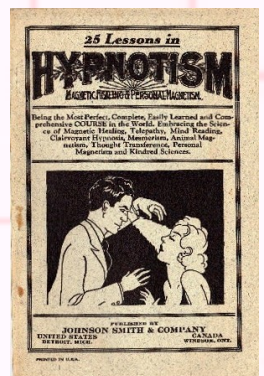
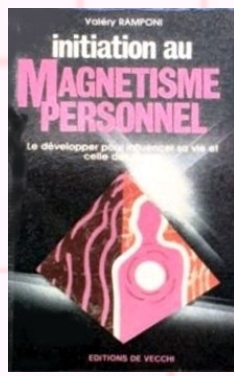
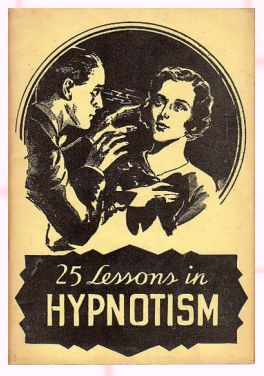
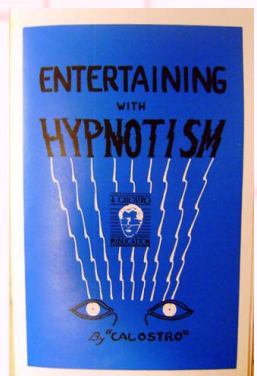
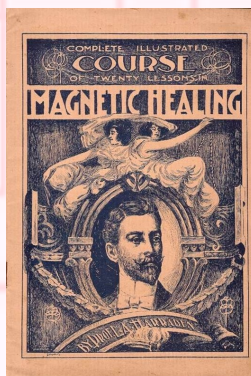
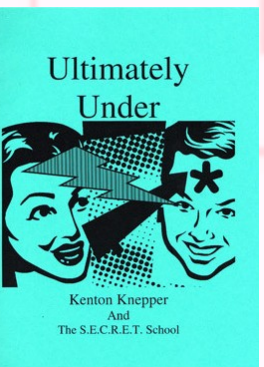
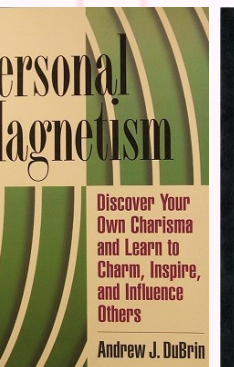
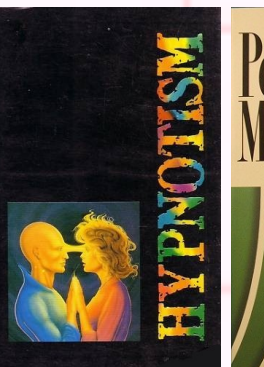
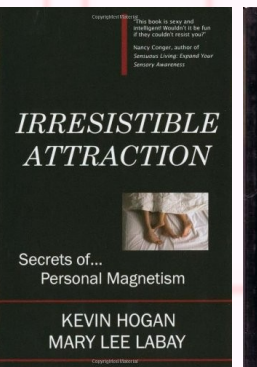
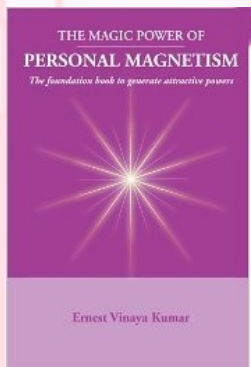
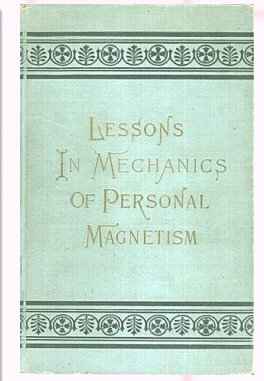
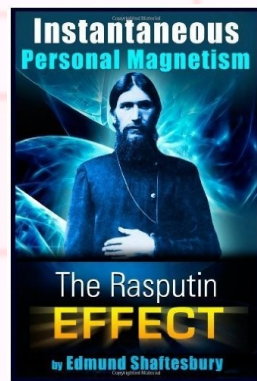
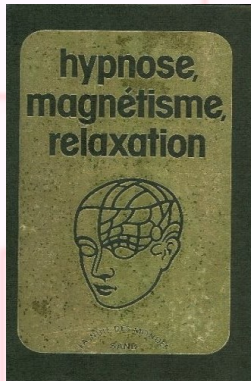
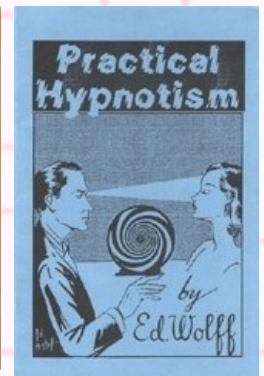
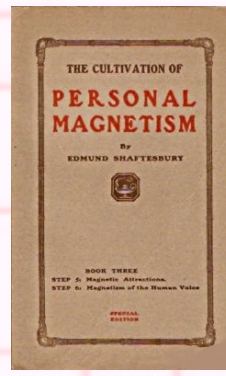
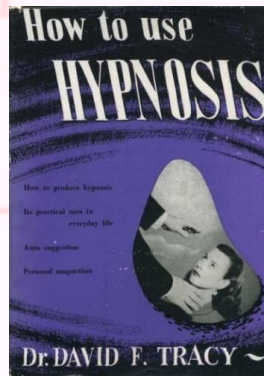
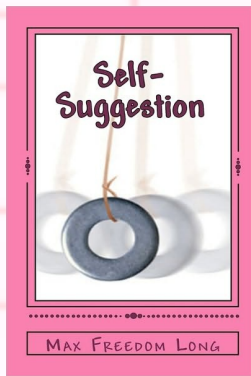


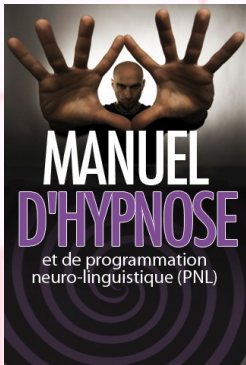
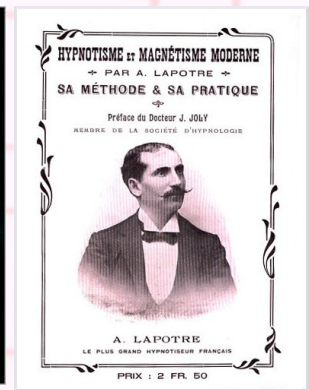
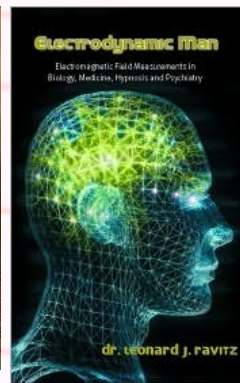
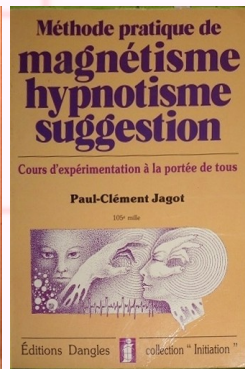
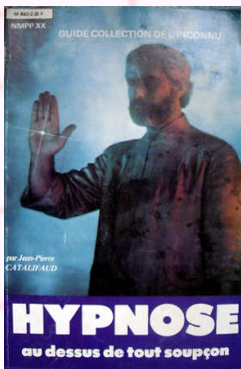


PENDU
LUM



MA GNETS HANDS RAYS





SPIRITUALISM

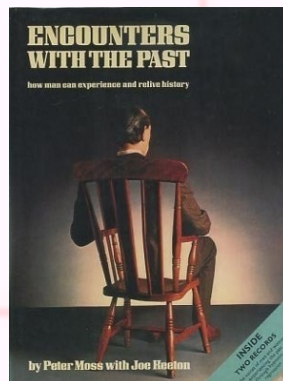
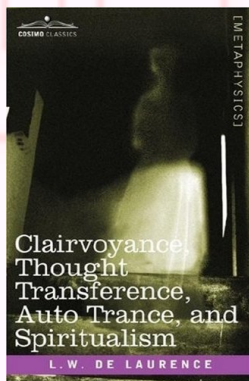
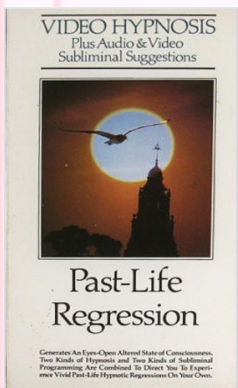
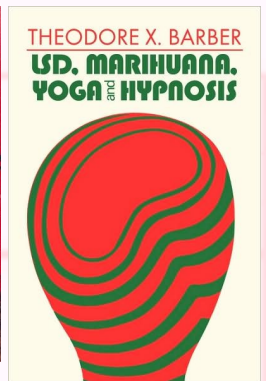
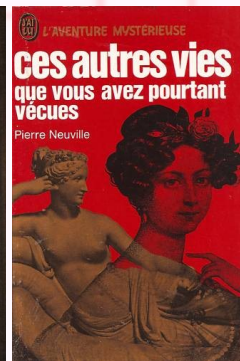
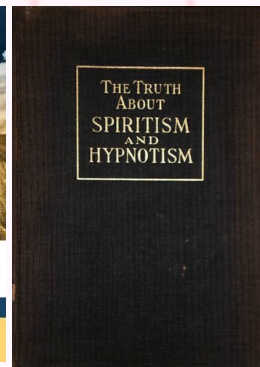
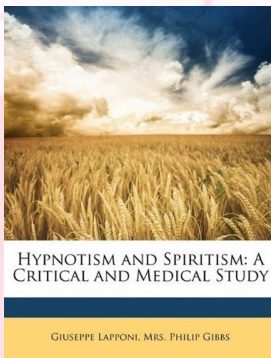
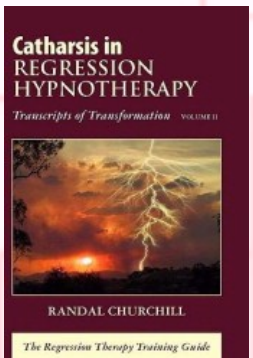
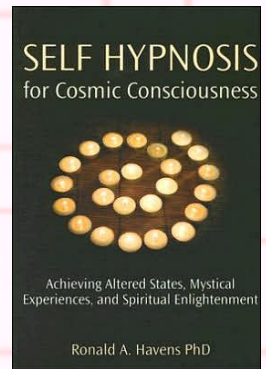
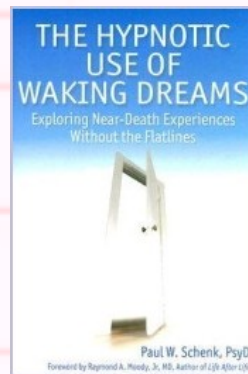
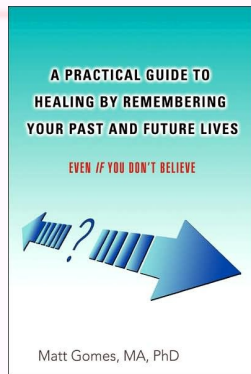
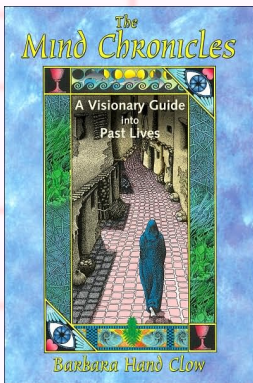
Already in 1784, while Mesmer supports the purely physical nature of magnetism, Puyseguir believes it can demonstrate that some people, when they are magnetized, they buy the gift of telepathy and of clairvoyance. In the same year, the Chevalier de Barberin believes it can show that magnetism is nothing but a materialisation of direct intervention of divine providence, caused by the prayers of the magnetists.

A mid-nineteenth century there are many who believe that the magnetism may be the royal road to access to the spiritual unconscious of people. In the popular view, but also in the view of some scientists officially credited, a number of psychological phenomena are united in one general heading, such as the almost sleep of hypnotic trance, sleepwalking real, clairvoyance, the words of the medium that supports to be visited by spirits, extra-sensory perception, altered states of consciousness and so on. Then: the chance to relive alleged previous lives, the secret meetings with UFOs, the channeling with other essences in the universe.

I doubt much of the material reality of it all. But the psychological reality of these fantasies may be important in the lives of many people. So, while doubting the factual nature of this, I find very interesting the mental, symbolic and potentially spiritual nature of such ghosts.







AND MORE AND MORE AND MORE

The number of books about trance, hypnosis, and suggestion is endless.

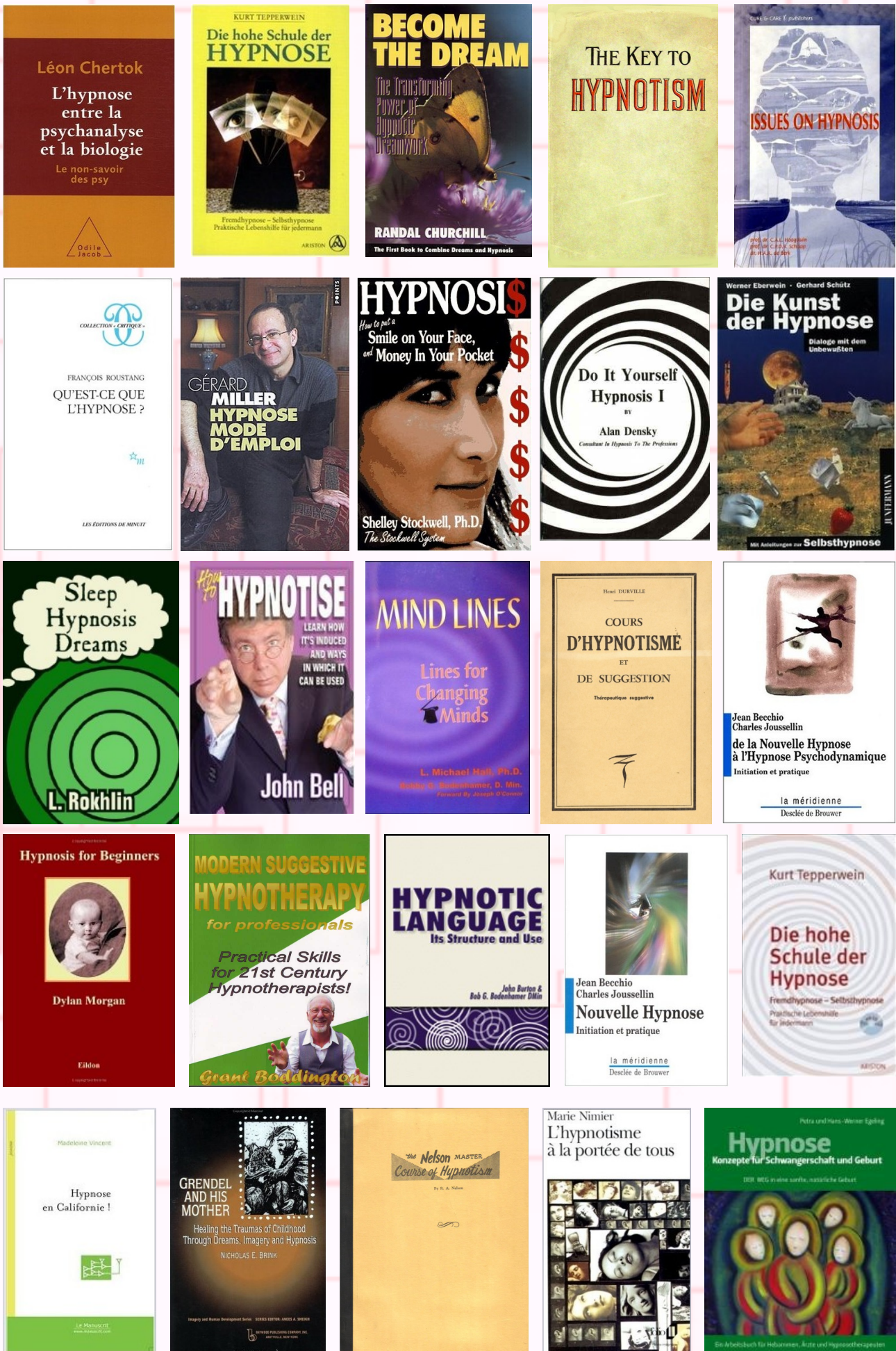
The examples evoked in this exhibit, through their covers, are only a limited representation of continuous and endless river of papers, which flowed over the last fifty years. But in fact it has been the same throughout the twentieth century, as well as for the previous century and also for the last quarter of the eighteenth century.

The most curious aspect is that many of these countless texts, although each in its own originality, tend to describe in their core quite similar mechanisms. Theories differ on the interpretations, and attributions of meaning to the various testimonies. But the substance of the psychotechnic foundations of this practice and of the overt references is more or less always that.

Each new book explores something, or makes a small step further. But most of all, they repeat and repeat.

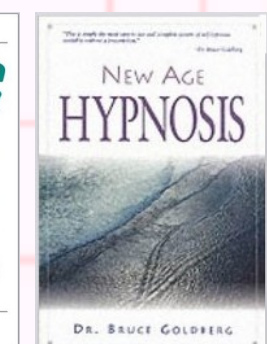
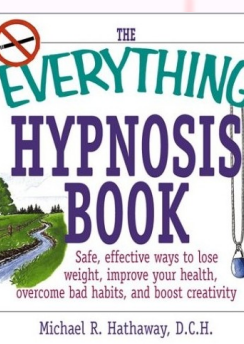
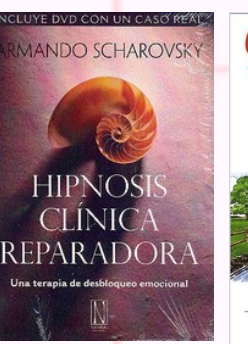
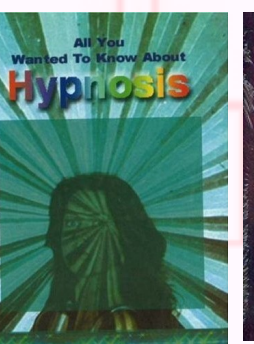
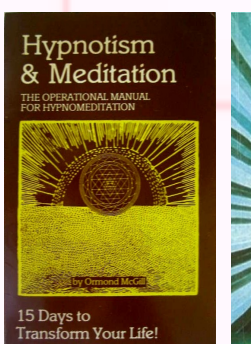
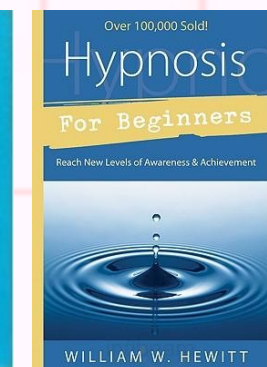
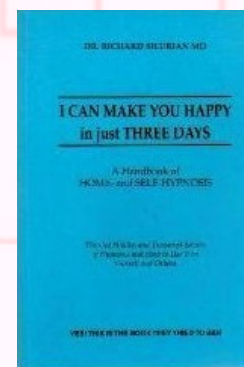
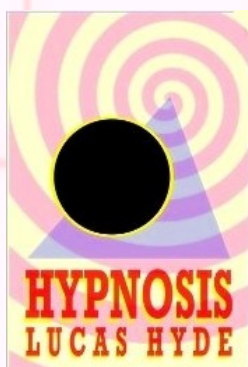
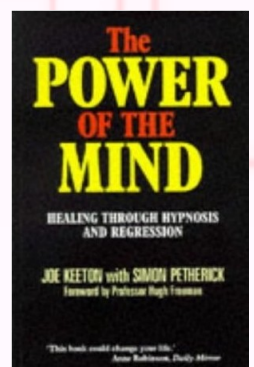
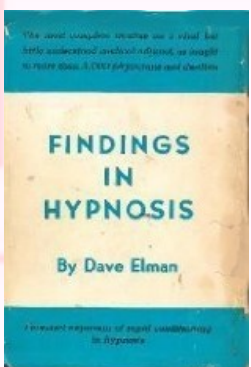
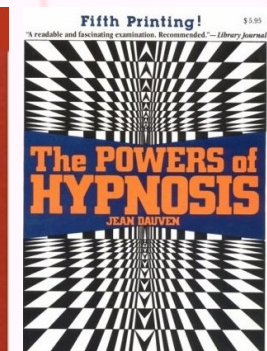
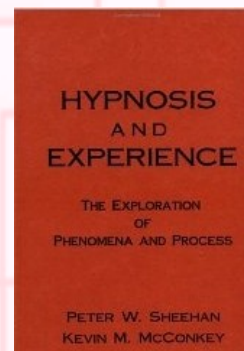
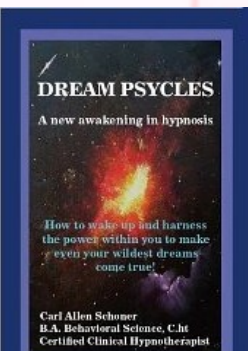
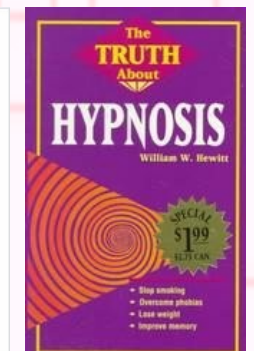
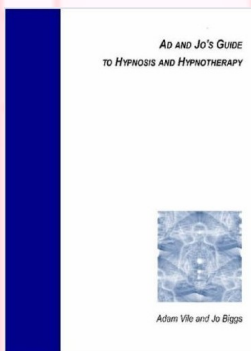
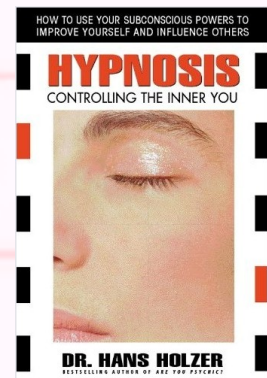
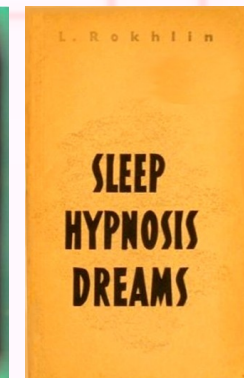
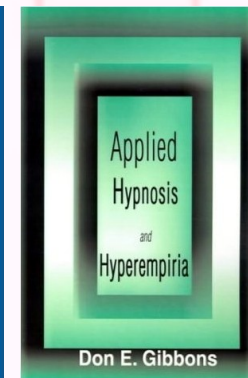
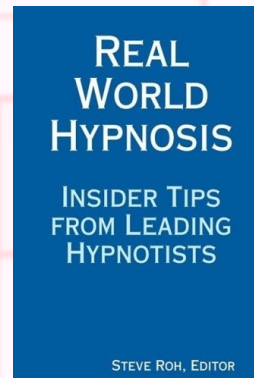
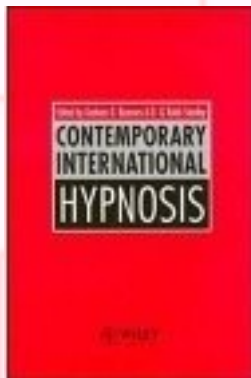
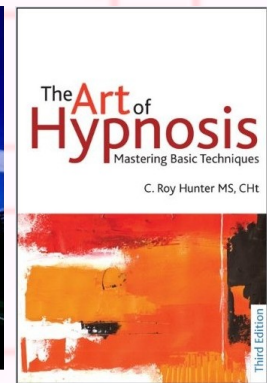
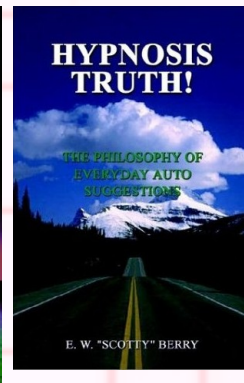
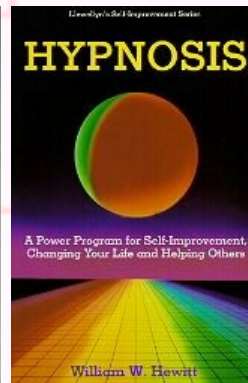
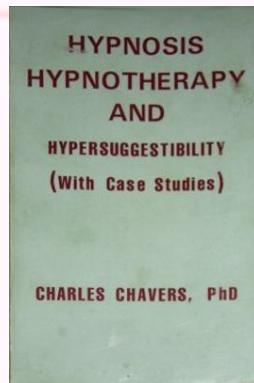
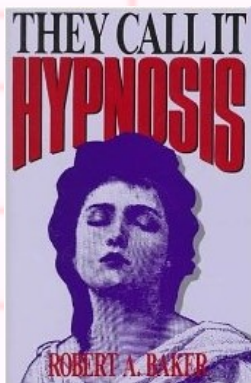
The subdivision that we have proposed in this little museum is purely indicative. It can help to highlight some major trend, but a number of texts that we have placed under a certain category might be placed as well in more than one of the other chapters.

Anyway, I wonder how many other books dealing with the same topics can have been released in the meantime (including this one).

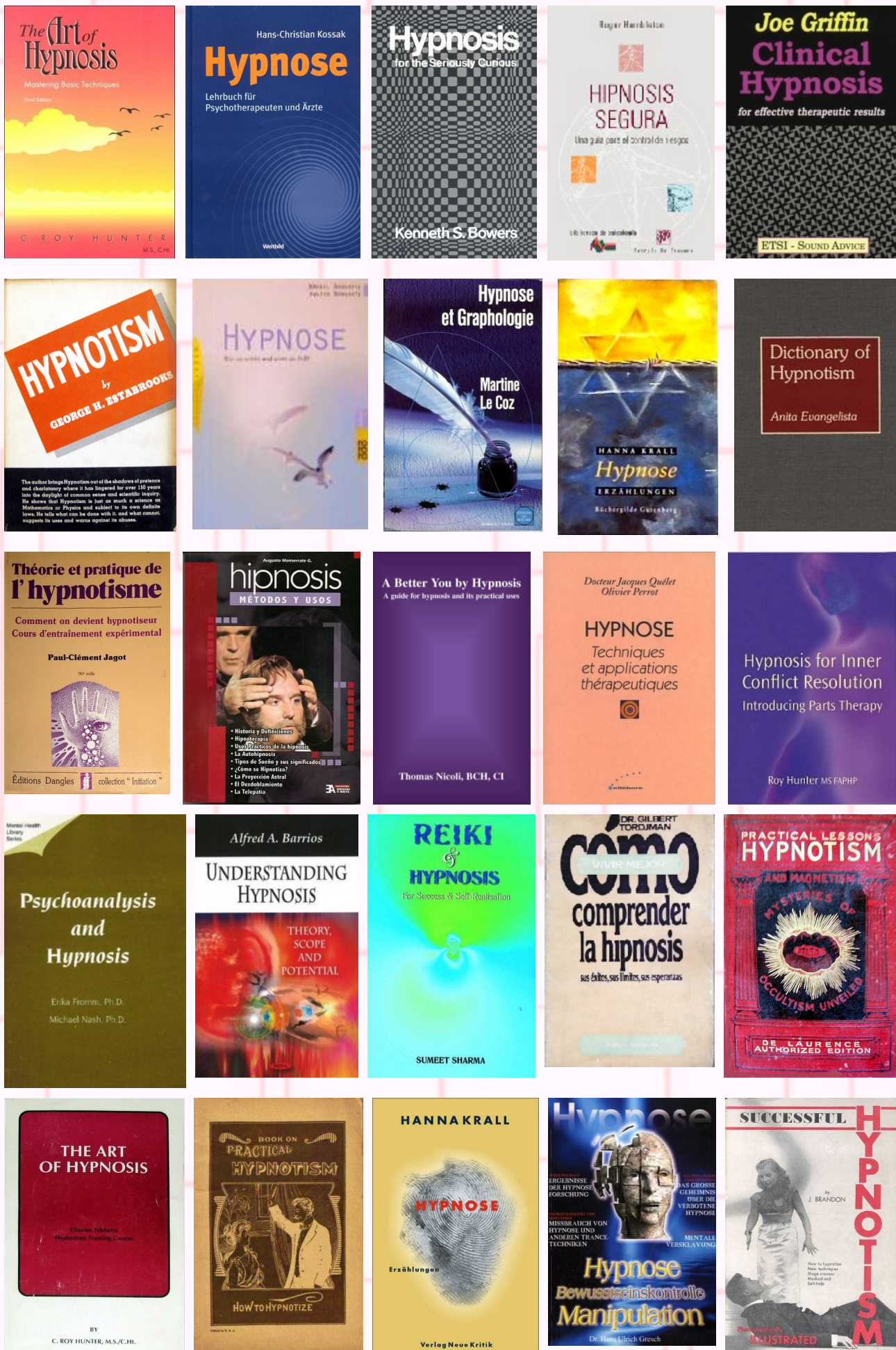


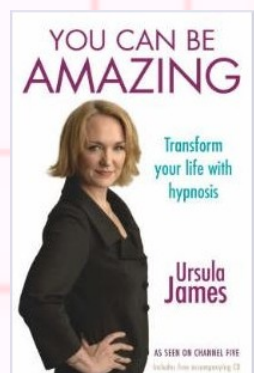
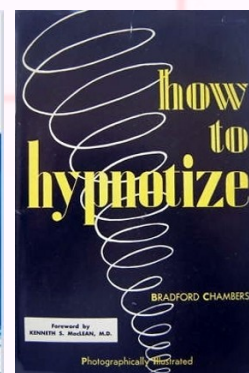
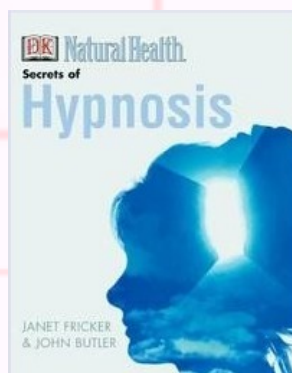
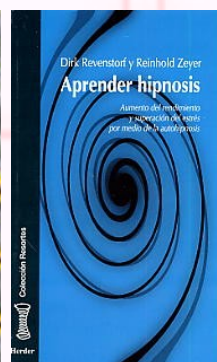
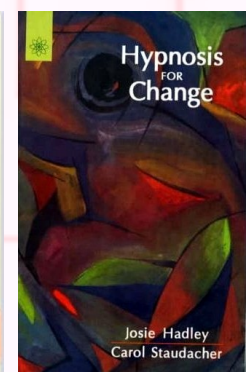
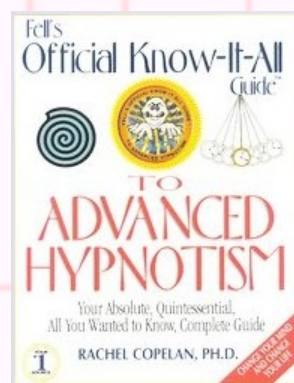
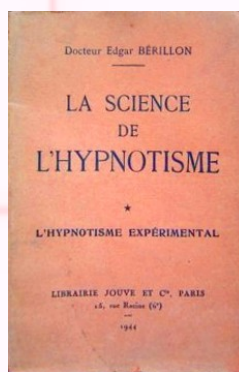
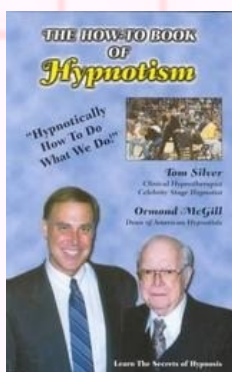
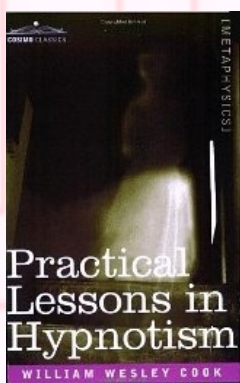
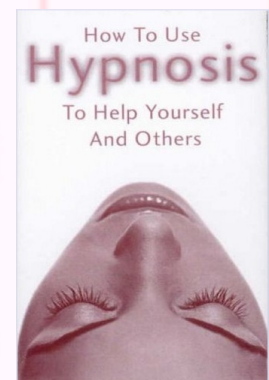
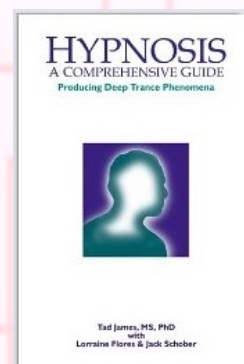
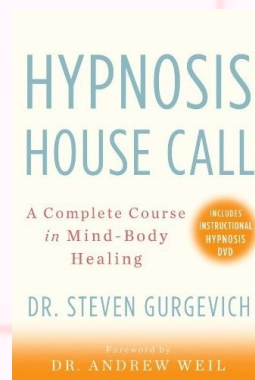
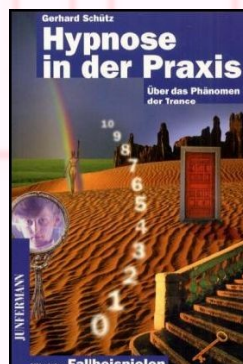
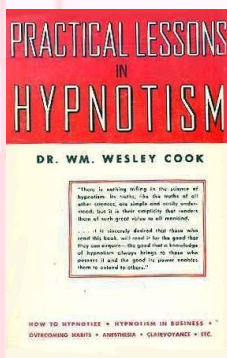
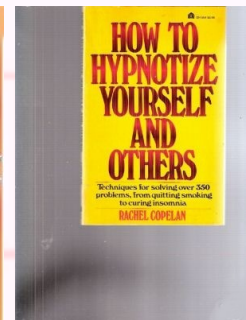
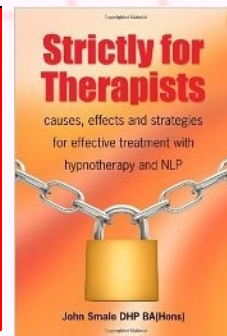
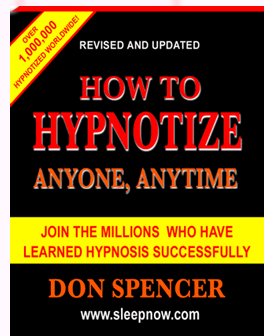
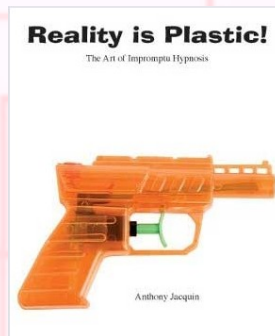
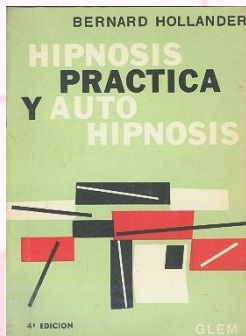
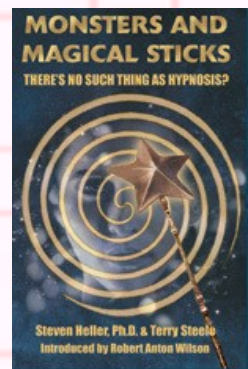
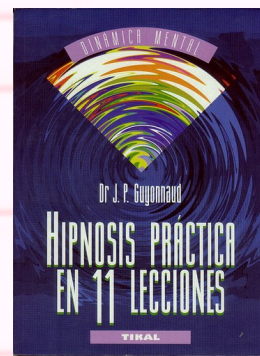
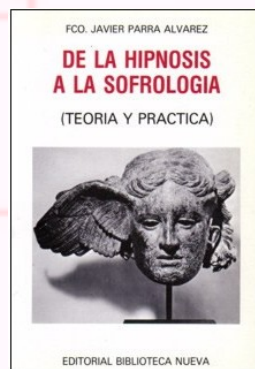
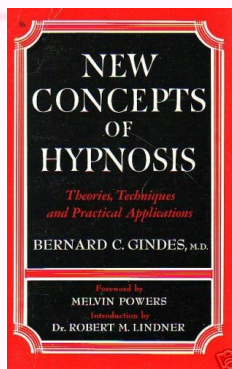
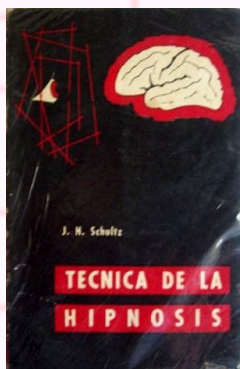


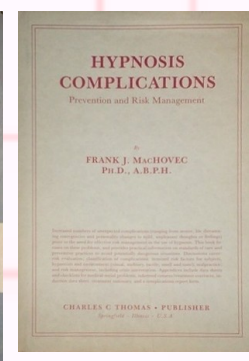
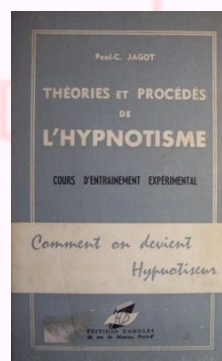
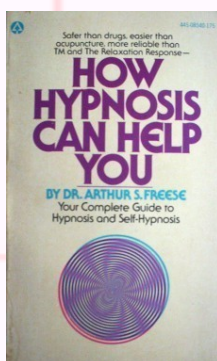
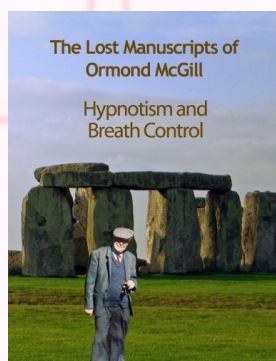
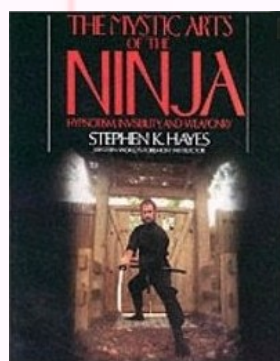
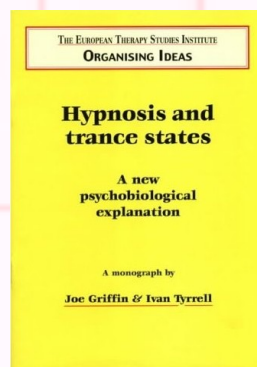
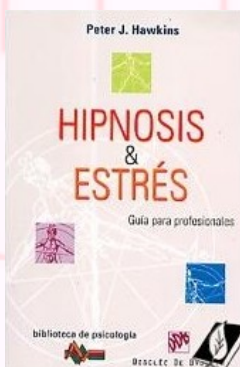
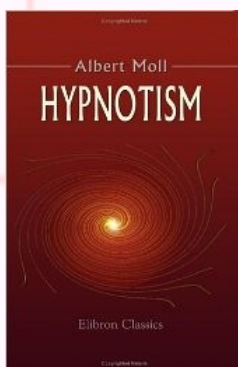
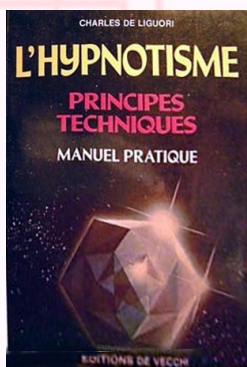
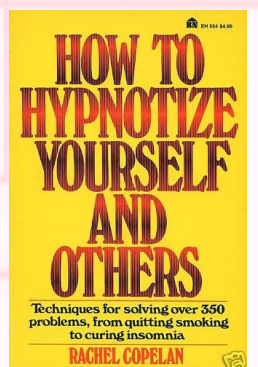
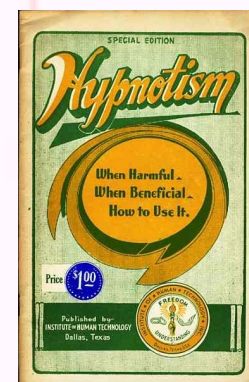
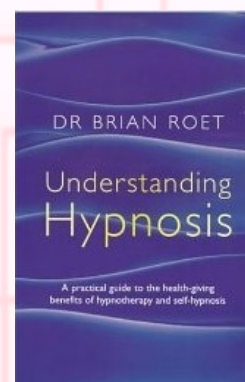
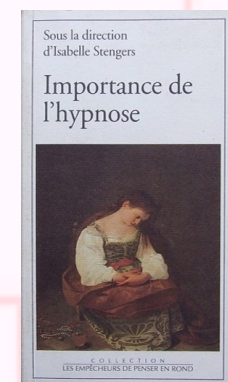
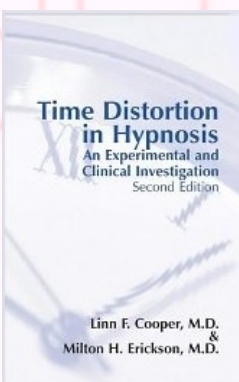
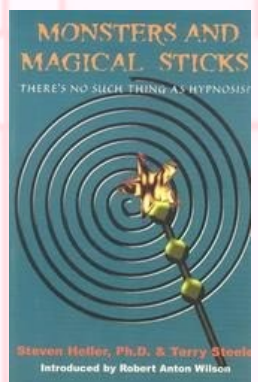
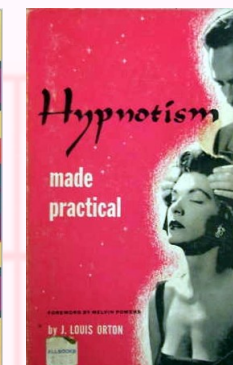
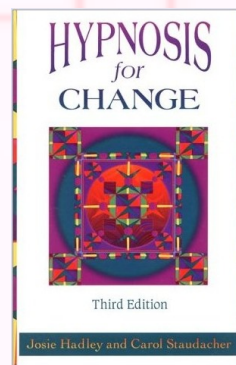
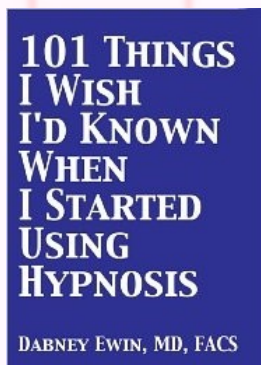
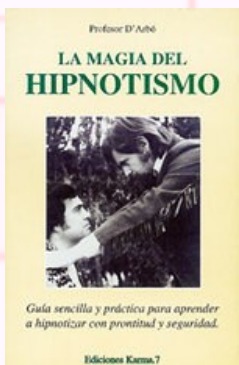
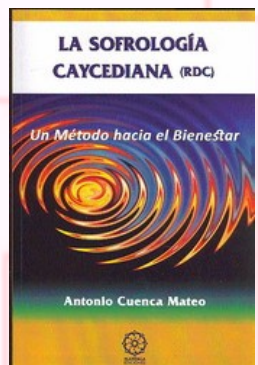
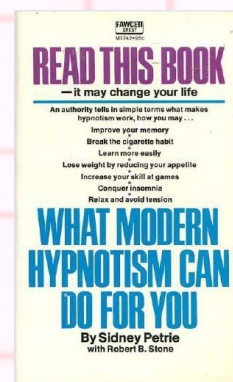
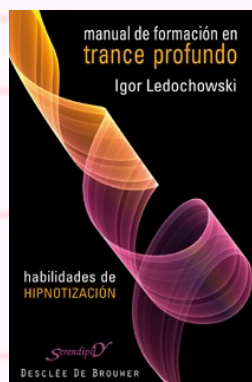
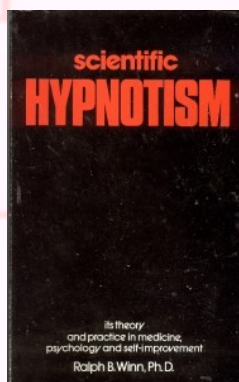
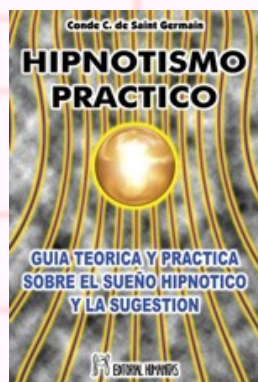




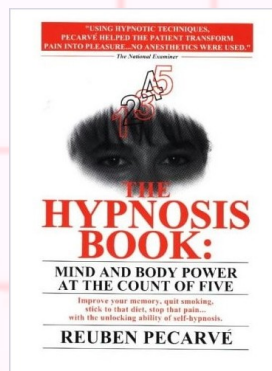
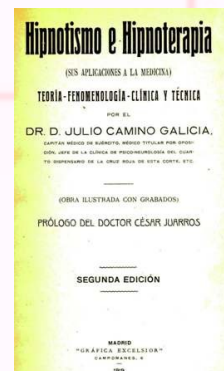
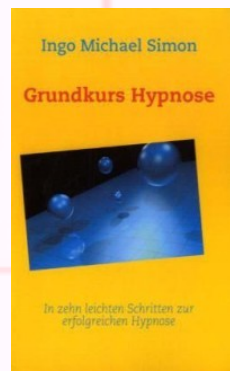
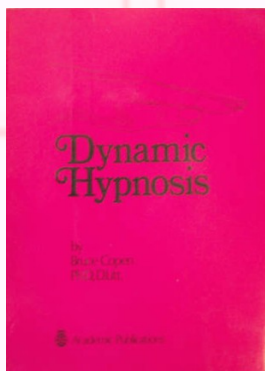
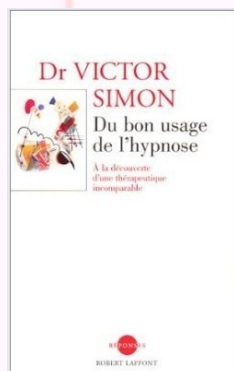
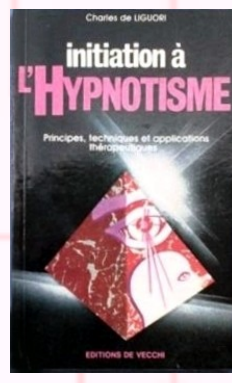
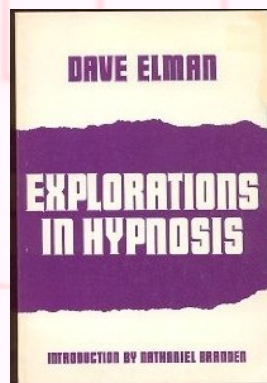
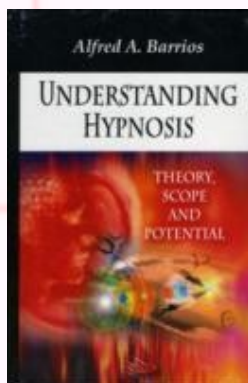
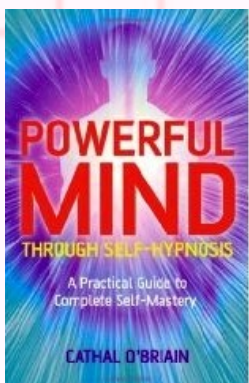
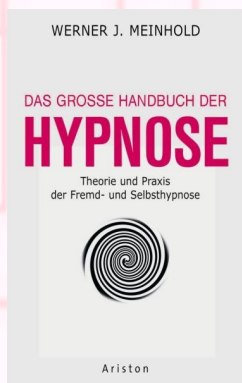
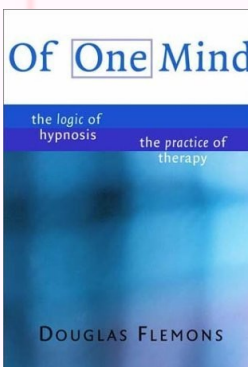
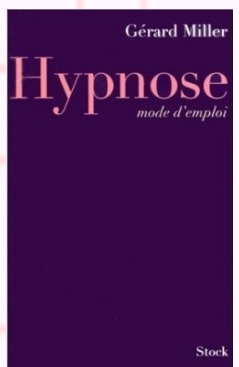
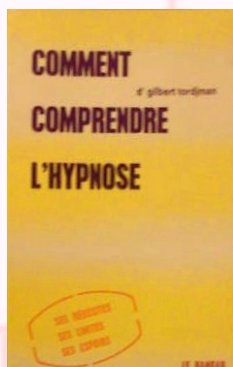
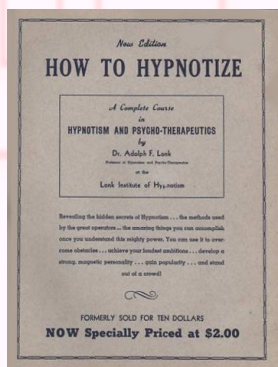
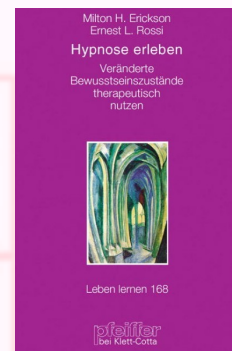
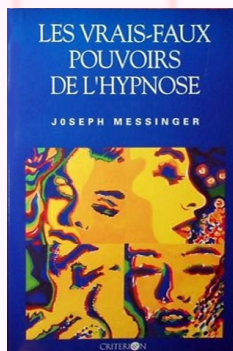
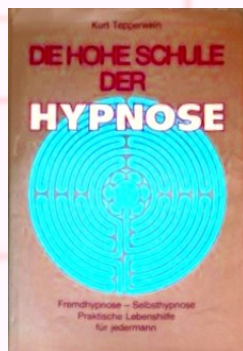
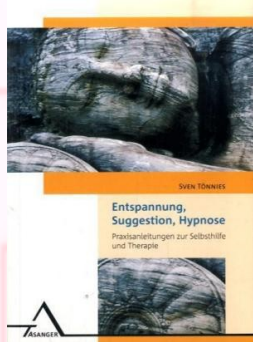
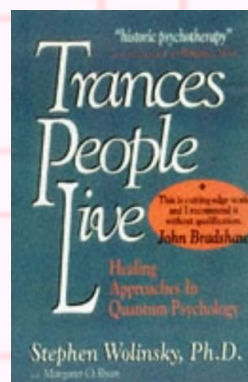
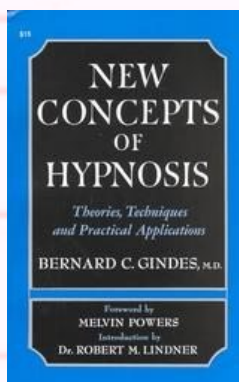
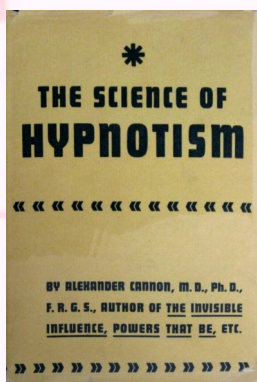
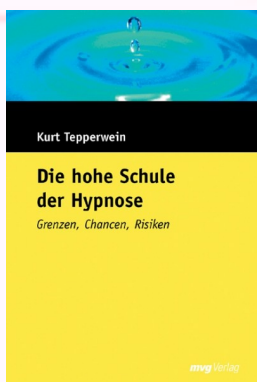
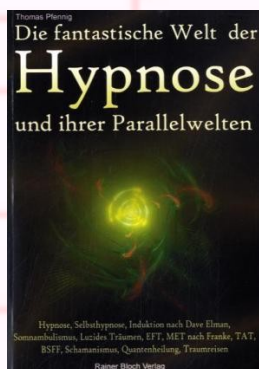


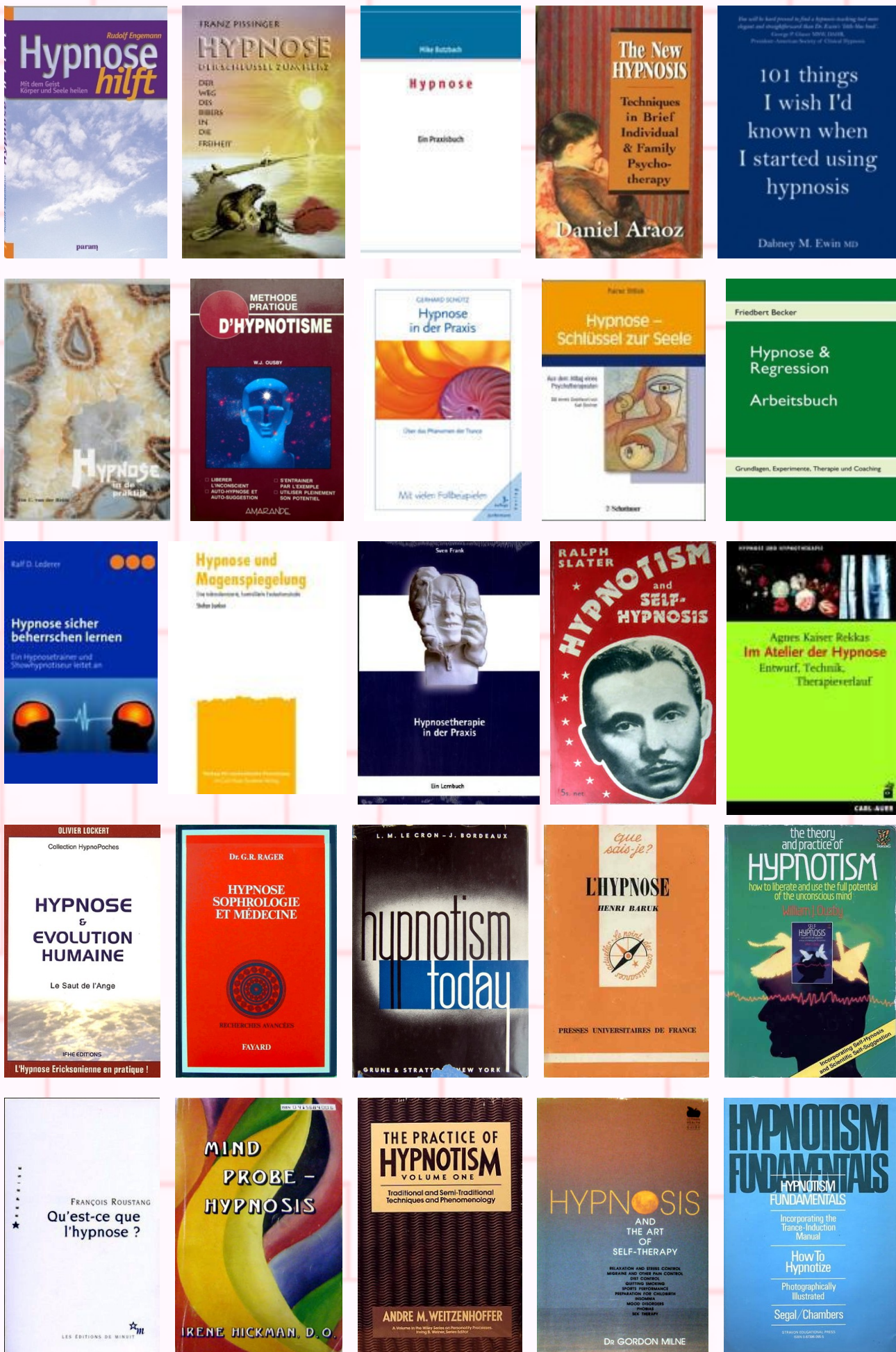




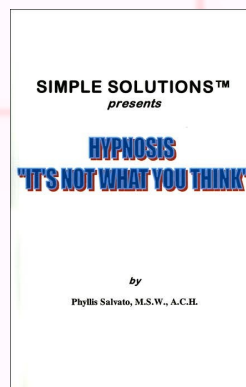
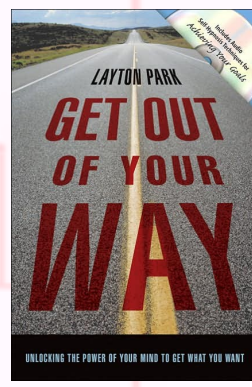
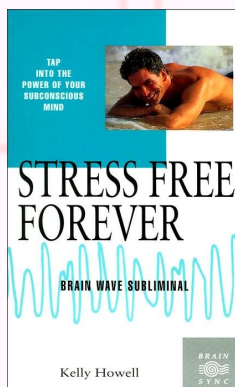
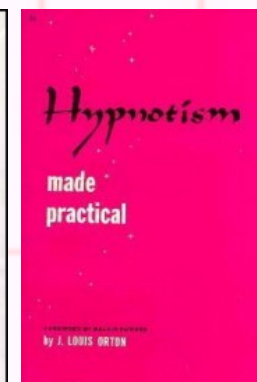
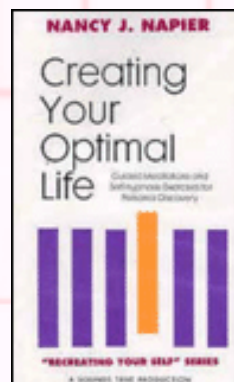
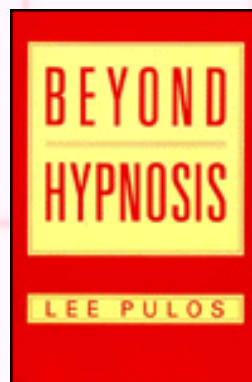
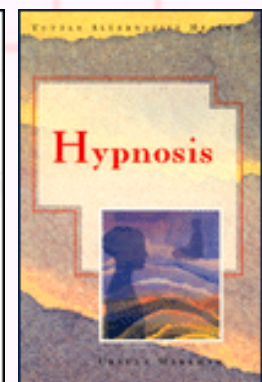
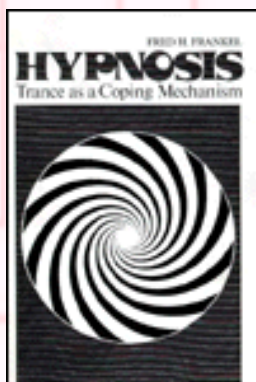
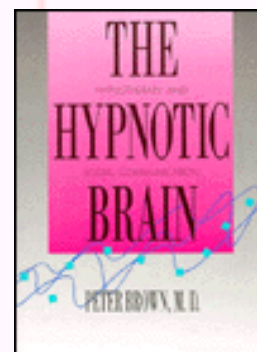
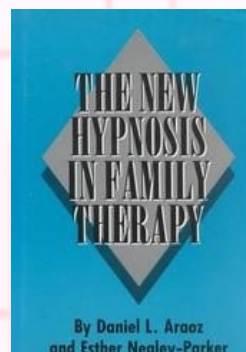
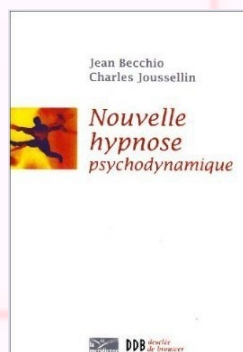
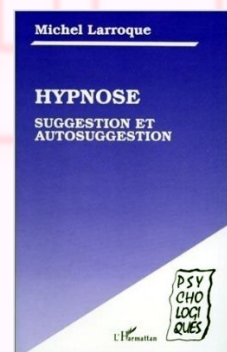
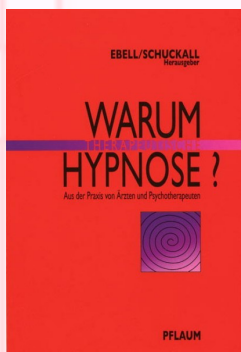
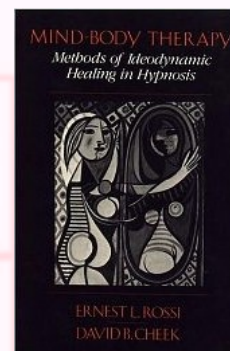
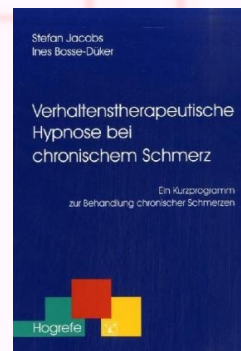
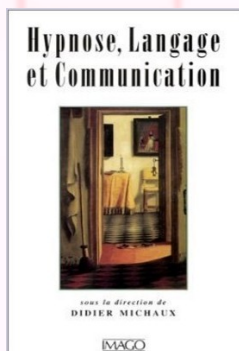
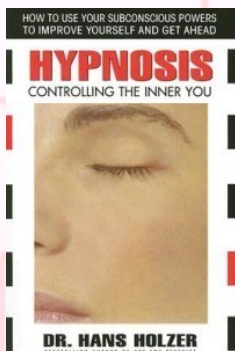
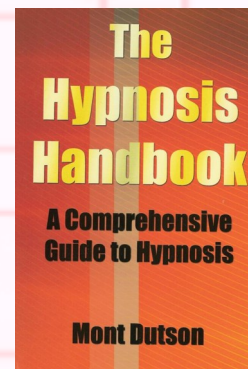
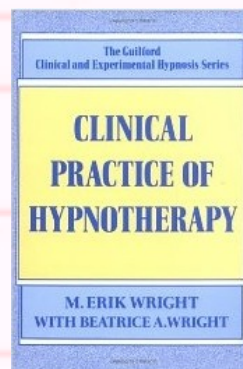
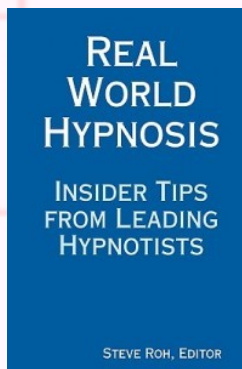
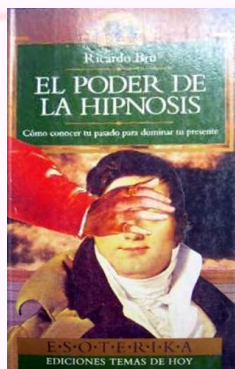
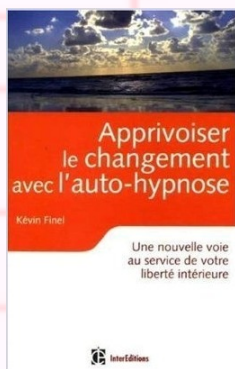


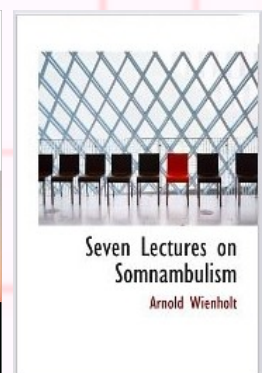
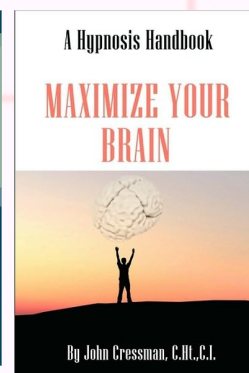
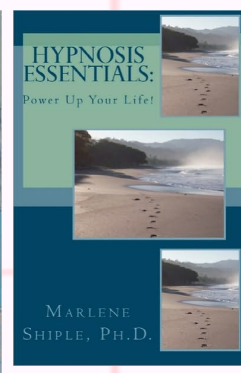
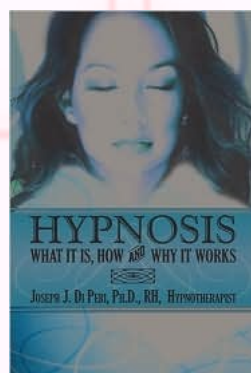
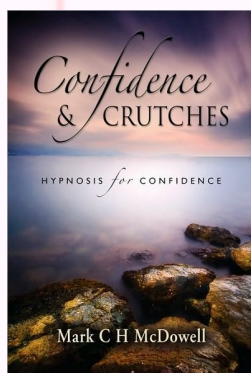
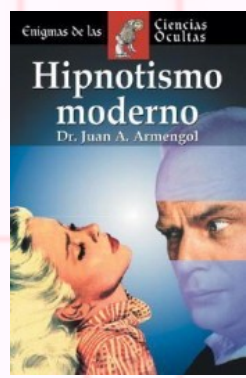
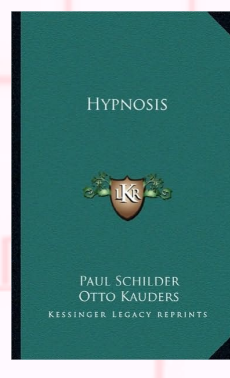
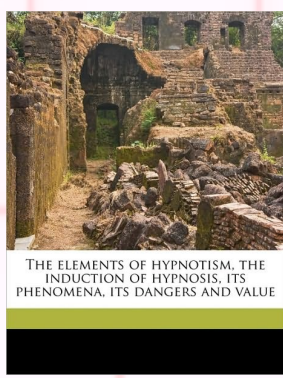
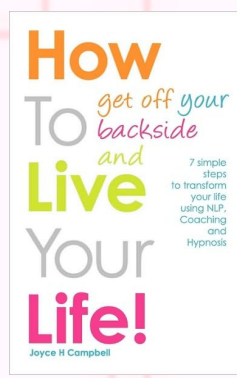
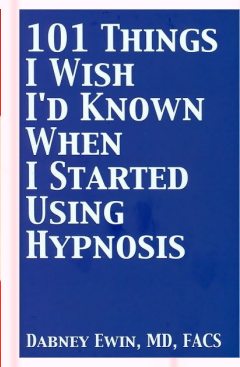
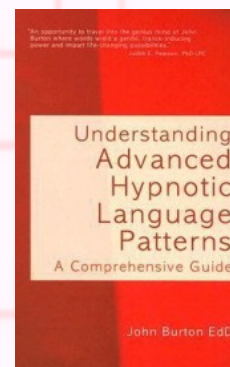
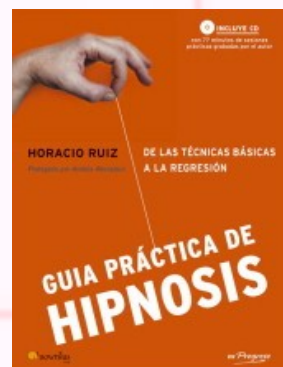
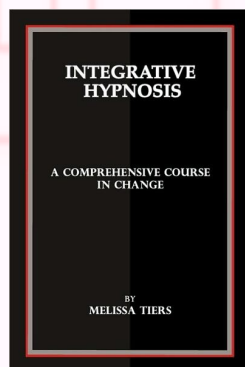
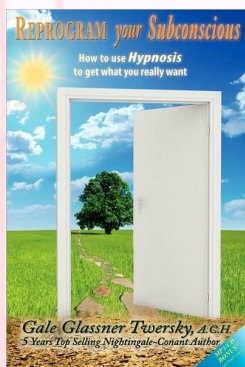
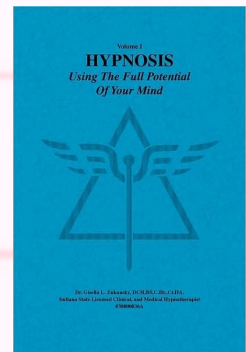
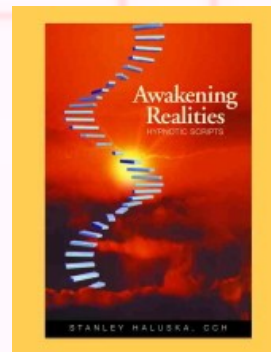
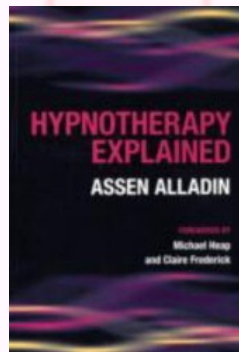
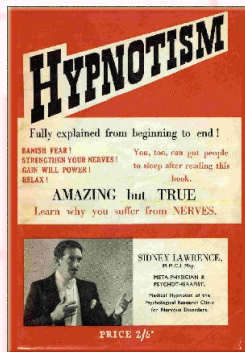
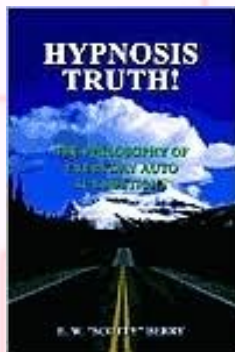
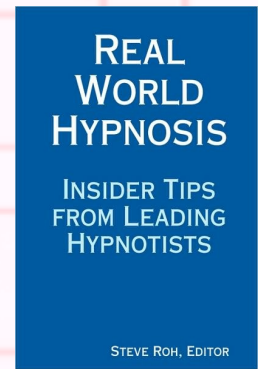
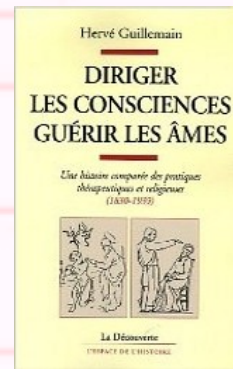
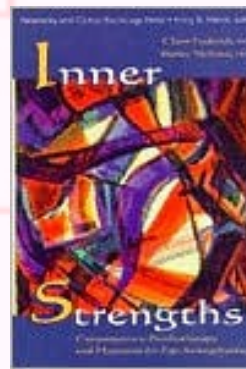
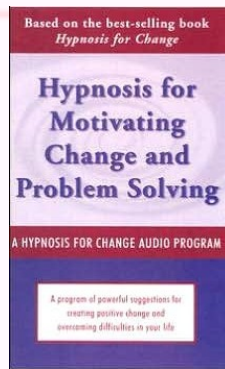
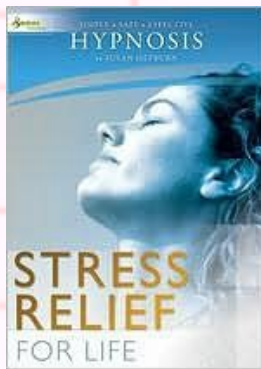














EVERGREENS

I think the fact to have produced an entire (little) book based almost exclusively on the display of book covers (a thousand three hundred less or more) about hypnosis is in itself a very clear and objective demonstration of the relevance of this psychotechnics. One thing that is declared regularly at the beginning of each course of hypnosis is that hypnotism is not what the naive public thinks. From that hypnosis exists, somebody notices that hypnosis is finally out of oblivion and now back in the sunlight, after having been long forgotten.

A number of the covers shown in this exhibition explicitly declare (on the front or on the back) that the book may represent a turning point for the discipline and that hypnosis will finally be revealed, or that it is a renewed hypnosis.

Such a statement of novelty and originality, that suggests the advent of such a turn in hypnotic science, appears regularly and consistently, almost every year and in different circumstances, at least two centuries; being denied unless by many other contemporaneous statements to the contrary.

This means that hypnosis, or trance, or suggestion or psychotechnics, or whatever, is constantly reborn, but being more or less always the same.

Circumstance that is made quite clear even to the fact that at least some part of the contents of each of these books is more or less the same from one book to another, and from one century to another. Maybe hypnosis is destined to remain forever a child, experiencing a special form of eternal youth.

Anyway, now that we have noted that this discipline is important, I urge all visitors of this exhibit to choose some one of the best of these books and to start reading and studying.

I also suggest to attend a good course in hypnosis to learn the practice of hypnotism and suggestion and trance, so begin to understand at least a little of what hypnotic psychotechnics really is.

FELICE PERUSSIA MANUALE DI IPNOSI

EDIZIONI  UNICOPLI

Felice Perussia - MANUALE DI IPNOSI - 2011

Milano: Unicopli, pp. 690